

PSE&G blasted for plan to close payment centers

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HEARTBEAT inside

National News

by Robert N. Taylor

Maryland agrees to drop racist drug profiles

The so-called war against drugs became a little less anti-black in the state of Maryland last week. The State Police agreed to prohibit troopers from using racial "drug courier profiles." The profiles were touted as a method for spotting cars which may be driven by drug couriers. But blacks and other minorities have long complained that the profiles unfairly targeted non-whites. The profiles are common in states throughout the nation although most authorities argue that they are not racially based. But several well-publicized cases have suggested that they are. Two of the most notable involved Baseball Hall of Fame member Joe Morgan being detained at the Los Angeles International Airport because he supposedly matched a drug courier profile. The American Civil Liberties Union attorney Deborah Jeon, who filed the suit in Maryland, said the decision "will help promote the right of minorities to travel free of race-based harassment." The class action suit was brought by a black family of four which was stopped in Western Maryland for apparently no other reason than being black and driving a late model car. —BALTIMORE, MD.

O.J. Simpson writes book: I Want To Tell You

It is entitled I Want To Tell You. The book which is O.J. Simpson is the answer to over three hundred thousand pieces of mail he has received since his arrest last June for the murder of his ex-wife Nicole Simpson and a male companion. The book should be in the book stores next month. The publisher, Little-Brown, says it will print five hundred copies. Simpson is expected to receive over one million dollars for the book. Much of the money, however, is expected to go toward his ever mounting legal fees. Already, however, there is speculation that the prosecutors will seek an early copy of the manuscript and may ask for a delay in the trial until they have had time to review the book. The book has prompted anger in some quarters. A spokesman for Nicole Simpson's family called it "disgusting and

(Continued on page 3)

The Clinton Administration and FEMA slow on saving lives

WASHINGTON, DC—Fire fatality is the fifth leading cause of accidental death in the U.S. People disproportionately effected are black, poor, elderly, or very young. They are two to three times as likely to die in fires than the national average.

Approximately 5,000 people are killed by fire annually, 85 percent of which occur in residential facilities, and of that 85 percent residential fire deaths nationwide, 80 percent of those victims are blacks, according to the International Association of Black Professional Firefighters (IABPF).

The President, of (IABPF) Romeo Spaulding says, the statistics for the Nation's Capitol are even more devastating. He says "of all the annual deaths by fire in the District of Columbia 97 to 100 percent of the victims are black."

There are documented stories of dramatic senseless loss of life due to fire, in the case of a poor inner city mother who, in a nearby door neighbor's home to take a telephone call from the hospital where her youngest child had just received an organ transplant; while she was gone, food on the stove ignited and killed her other four children.

To combat this disturbing trend and help boost fire fighting efforts, a Springfield, Va.-based minority owned company, has developed and patented an environmentally safe new fire fighting technology—Pyrocap B-136, a non-toxic organic fire suppressant based on an old American Indian formula.

In October of this year, Congress passed legislation—Federal Emergency Management Agency (FEMA) appropriations bill, and earmarked \$750,000 for demonstrations

of a biodegradable, environmentally safe, non-toxic fire suppressant—targeted at large urban cities nationwide. The specs for Pyrocap B-136 as well as the trade name was written into the initial language of the Senate Committee Report. However, in the final bill the trade name "Pyrocap B-136" was omitted, leaving only its specs.

This technology is on the qualified products list of the U.S. Forest Service, and the U.S. Department of Agriculture. Independent reports from an EPA/NIST accredited laboratory verified the compound's ability to neutralize smoke and absorb heat. This organic compound safely turns ordinary water into a powerful fire fighting weapon, with a unique capacity to cool fires more quickly, reduce smoke and fumes, and prevent fires from restarting, thus reducing fatalities and saving lives.

"Firefighters tell us Pyrocap helps save lives," says Theodore Adams III, president of Pyrocap International Corp. Carney Brown the U.S. fire administrator for the United States Fire Administration has the authorization, but has not released any funds toward any demonstrations. The White House and FEMA have basically ignored the urgency of making this agent available nationwide. However, the firefighters who protect the White House and other federal buildings in Washington, D.C. are authorized to use Pyrocap B-136.

The District of Columbia, however, does not have authorization to use it. Some cities using the product are Detroit, New Orleans, and Southern California. The Detroit Fire

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CITY NEWS

THE NEW JOURNAL OF CIVILIZATION

Newark Museum hosts photographic display of African chiefs

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Life around Essex County

As Connie sees it...

Page 4

Major racial issues pending in Supreme Court

by William Reed

The country's conservative-dominated Supreme Court is now in the process of undertaking its greatest review of government programs intended to redress racism, since it had to deal with such unpleasant issues in the 1980s.

While in the 1980s, the late Justice Thurgood Marshall could be counted on to assure that a black voice would be heard from the bench on these issues, today most minority educators, business people and politicians are being very reserved in deference to the power of the nation's highest court to repudiate the government policies that once gave special advantage to racial minorities in schools, contracting programs and voting districts.

Few affirmative action advocates are counting on the current black justice on the court, Clarence Thomas, to carry his message. Justice Thomas is on record as strongly opposed to any government classification based on race.

In addition to Marshall's passing and Thomas' appointment, many other of the faces on the court have changed in the past half decade. Some of today's court watchers wonder whether the public outcry over race-based decision-making and the reported anger of white men in recent elections may be reverberating in the minds of the current justices.

The last time the court took up such a series of discrimination disputes in one term, 1988-89, the cases provoked such bitter divisions among the justices that Justice Harry J. Blackmun, a steadfast liberal on individual rights and social causes, wrote in one dissenting opinion, "One wonders whether the majority still believes that race discrimination—or, more accurately, race discrimination against non-whites—is a problem in our society, or even remembers that it ever was." Wade Henderson, the NAACP's top man on Capitol Hill says, "this is a really important time for the future of African Americans and the civil rights movement."

The national dispute is over how judges should determine whether the vestiges of

segregation remain and what improvements the court may order. The specific issues before the court concern *Missouri v. Jenkins*, a 17-year-old case that has bounced about the federal courts on a myriad of issues and challenges. A key question now is whether the constitutional guarantee of equal education can require schools, that already have spent hundreds of millions of dollars on court-ordered improvements, to produce equality in black and white student achievement scores.

There is also a challenge to a federal highway program that gives money bonuses to prime contractors who subcontract with firms run by racial minorities and qualifying as "disadvantaged business enterprises." Also during this session, the court will have to hear arguments on the issue of congressional voting districts that were drawn to increase blacks' or Hispanics' chances of electing one of their own. The cases arising from districts in Louisiana, North Carolina, Virginia and Georgia, which have elected people such as Cleo Fields, Melvin Watt, Robert Scott, and Cynthia McKinney, will determine whether

minority "packed" districts, which enlarged black membership in the Congress, 41, violate the 14th Amendment's guarantee of equal protection of the laws.

Now there is a new court, which has no liberal stalwarts such as Marshall and Blackmun. "We certainly have lost the most articulate and eloquent voices on behalf of equal protection and equal rights," states civil rights lawyer William L. Taylor.

A new judicial trend of greater scrutiny for affirmative action may be emerging in America. One example is last October's federal appeals court rejection of a University of Maryland scholarship program exclusively for blacks. In addition, many black elected officials, who have dwindling city and education budgets, are calling for less government rules and regulations on them.

In 1990 a Richmond, Va. public works program that set aside 30 percent of construction funds for minority firms was struck down. But, most blacks received no benefits from such contracting set-asides and have

(Continued on page 10)



Members of "Youth for United Way," a community service club at Linden High School, recently celebrated the holidays with children from the Cerebral Palsy League of Union County. The holiday party was hosted by the Hillside Elks Club.

COMMENTARY

Blacks doubtful about assassination plot

by Sharon Khadijah Vincent



The majority of people in the black community have met the news of the alleged plot to kill Nation of Islam spokesman Minister Louis Farrakhan, by Malcolm X's daughter Quiballa Shabazz with a lot of doubt and skepticism. Even Minister Louis Farrakhan, through his Nation of Islam spokesperson, has expressed the belief that as opposed to a plot to kill him, the government has helped stage a scenario that is intended to open up old wounds and divide the black community.

The FBI wants people to believe that they really were concerned about protecting the life of Minister Farrakhan. This is the same FBI that

is currently spending millions of dollars towards 24 hours of surveillance on Minister Farrakhan and the Nation of Islam, in their ongoing efforts to sabotage, destroy and weaken the Black Liberation Movement. When the FBI issued their statement assuring the public that Minister Louis Farrakhan's life was never in "any danger," this was the height of hypocrisy.

The mainstream white media's coverage of this story has been equally cynical. Most of these mainstream outlets and publications have spent the last several years trying to paint Minister Farrakhan as some type of "monster" or diabolical image that should be feared and hated. Minister Farrakhan's face has been plastered on the front covers of the *New York Times*, *Newsweek*, etc., with provocative headlines attached to his name that were designed to distort and confuse his actual message and statements. Now, these same identities want to give their

(Continued on page 10)

Newark's poorest neighborhood gets housing

NEWARK—The Corinthian Housing Development Corporation (CHDC) recently dedicated construction of six building sites. Newark Mayor Sharpe James, Corinthian President Reverend Robert Wilcher, Paul Grogan, president of Local Initiatives Support Corporation and other members of the neighborhood and financial community built a portion of the building's foundation. In pyrocap, gloves, hard hats and with trowels at the ready, the group added a row of building stones to the first building site at 118th Avenue and 11th Street.

The CHD, founded by church members in 1991, rebuilt a neighborhood in what the federal government has classified as the poorest census tract in Newark, Essex County and perhaps the state.

The first project consists of 45 two and three bedroom apartment affordable housing. The apartments are being built from the ground up on six adjacent lots in the Central Ward. The National Equity Fund, an affiliate of Local Initiatives Support Corporation (LISC) has taken investments from organizations to purchase tax credits. These investments come from New Jersey financial institutions such as Prudential Insurance, First Fidelity, Midlantic, NatWest, and Chemical Bank of New Jersey and investors across the country.

They are all part of an investment pool that has committed over \$2 million of the \$5 million needed for the Corinthian Homes project. The balance of the development costs has been provided by the City of Newark, State of New Jersey, New Jersey Housing and mortgage finance agency and LISC.

tional 50 apartment units are scheduled for next year.

With an initial pre-construction grant from the Federal Government, CHDC is one of only ten organizations in the country to be funded for this purpose. In addition to Head Start, the facility will be a primary medical care center

that will serve 35,000 area residents who are currently without basic medical care.

LISC formed the National Equity Fund in 1987. The purpose was to use tax credit to channel affordable investments for creation of rental housing.



The Corinthian Housing Development Corporation recently broke ground for an affordable housing complex in the Central Ward of Newark. Officials laid the foundation for the first of six buildings to be constructed, including a medical center. (L to R) Director of Newark Development Corporation, Reverend B.J. Wilcher.

Community Calendar

TUESDAY THRU SUNDAYS
ROSELLE—Ice Skating in Wananoan Park. Also family sessions are available. For more info call 908-298-7850.

MONTH OF JANUARY
JERSEY CITY—The Jersey City Library will sponsor a host of films each Wednesday throughout the month, at 1 p.m. including Tombstone, A Bronx Tale, Another Stake Out and The Fugitive. For more info call 201-547-4546.

NOW THRU FEBRUARY 23
JERSEY CITY—How to Achieve Discipline: A New Workshop for Parents and Educators will take place at Hudson County Community College. For more info call 201-714-2107.

JANUARY 23, 30
WESTFIELD—Nanny course for childcare providers at the Rutgers County Extension of Union County from 10 a.m. to 2:30 p.m. For more info call 908-954-9854.

JANUARY 17 THRU MARCH 7
PLAINFIELD—Literacy Volunteers of America is hosting two Winter Basic Literacy Tutoring Training Workshops on Tuesdays from 6-9 p.m. and Saturdays from 10 a.m. to 1 p.m. For more info call 908-755-7998.

WEDNESDAY, JANUARY 18
CRANFORD—Union County College will conduct a Disabilities Workshops at its campus in Cranford, Elizabeth and Plainfield. For more info call 908-709-7518.

PLAINFIELD—Women and Self-Esteem course at the United National Bank Community Education Center from 7 to 9 p.m. For more info call 908-755-5000.

THURSDAY, JANUARY 19
NEWARK—Celebration of the Life Martin Luther King Jr. with the Newark Municipal Council at the Terrace Ballroom at 5 p.m.

JANUARY 20, 21, 22
NEW YORK—Antiques at the Armory will be at the 26th St. Armory at various times. For more info call 201-384-0010.

SATURDAY, JANUARY 21
ORANGE—United Clergy of the Oranges present a free job preparation workshop.

shop seminar at St. Matthews A.M.E. Church at 1 p.m. For more info call 908-290-0461 after 5 p.m.

MONDAY, JANUARY 23
PLAINFIELD—Food Stamp Counseling at the Plainfield Senior Citizens Service Center from 10:00 a.m. to noon. For more info call 908-753-3506.

THURSDAY, JANUARY 23
MANHATTAN—The Museum of the City of New York is featuring a special exhibition entitled "A New York Holiday." Admission is free. For more info call 212-534-1672.

WEDNESDAY, JANUARY 25
CRANFORD—Union County College will host a training session for the volunteer mentor program designed to mentor juveniles who have been adjudicated as delinquent from 6:30 to 9:30 p.m. For more info call 908-709-7603 or 908-527-4300.

THURSDAY, JANUARY 26
NEW YORK—Examine women who shaped the fashion industry as part of Frances Taven Museum's lunch time talk series at 12:30 p.m. For more info call 212-425-1778.

PLAINFIELD—Plainfield Senior Citizens Center offers a health talk on heart attacks at 10:30 a.m. For more info call 908-753-3506.

FRIDAY, JANUARY 27
JERSEY CITY—From Plantation to Prison focuses on the problems stemming from ATOD (alcohol, tobacco and other drugs) at the Monumental Baptist Church at 7 p.m. For more info call 201-451-8888.

JANUARY 27 AND 28
NEW YORK—Africana Libraries in the information age symposium at Schomburg Center for Research in Black Culture. For more info call 212-491-2200.

JANUARY 29 AND 30
Tune in to NJN's State of the Arts examining Billboard magazine that are intended to deter teens from using drugs in Jersey City at 11:30 a.m. (on 12/31 and 5:30 a.m. on 1/30). Check your local listings for channel.

Bruner receives Enterprise Zone Authority Scholarship



Anthony Theodore Bruner (2nd from left) of Plainfield, a senior majoring in media at Jersey City State College, was named the first recipient of the New Jersey Urban Enterprise Zone Authority Scholarship. At a campus ceremony, the scholarship check was presented to Bruner and Dr. Carlos Hernandez (left), JCSC president, by Quaberto Medina (2nd from right), commissioner of the New Jersey Department of Commerce and Economic Development, looking on is S. Charles Garofalo, program administrator for the Urban Enterprise Zone Program.

Assemblyman Green honored for supporting Disabilities Bond Act



TRENTON—The Arc of New Jersey recently presented Assemblyman Gerald Green, of Plainfield, with a certificate of appreciation for his work on the successful 1994 bond act for housing for the disabled. In November, New Jersey voters approved a referendum for a \$150 million bond to fund housing for people with developmental disabilities, mental illness, and displaced families. Voters passed the bond act by a 3 to 2 margin. Assemblyman Green helped move the act through the New Jersey legislature, and lent his support prior to election day. From left: The Retired and Senior Volunteer Program of Essex County (RSVP) recently honored Sue Garvin, director of the Newark Day Center, for her work as an advisory council member to RSVP for the past six years. RSVP is a nationwide volunteer organization for people over the age of 55.

The Retired and Senior Volunteer Program of Essex County (RSVP) recently honored Sue Garvin, director of the Newark Day Center, for her work as an advisory council member to RSVP for the past six years. RSVP is a nationwide volunteer organization for people over the age of 55.

COPING

by Dr. Charles Faliukner

Give yourself a gift

Well, the holidays now are behind us. Happiness in 1995, to many people, depends upon how many gifts they received. Those who received a lot of gifts are happy as a lark. They feel good about themselves.

On the other hand, those who received few gifts, or none at all, aren't very happy. In fact, many people go into a state of depression immediately after the holidays and remain in this emotionally destructive state indefinitely.

There are three major reasons for this post-holiday depression. They are:

- 1) Many people cannot handle the sudden disappearance of those lovely, tear-jerking holiday tunes which controlled their emotions since Thanksgiving. The so-called holiday spirit served as a temporary emotional crutch. Now, suddenly, the crutch is gone and depression sets in.

- 2) Giving someone a gift was a shrewd, often costly, way to repair a ruptured friendship. Often, the person to whom the gift is given thanks you for it, but for the rest of the year, continues to ignore you. Maybe they refuse to thank you for the gift and even continue to be rude to you.

- 3) People expect the holidays to mark the start of a new, happy life for them. Alas! Nothing magical happens. Their lives don't change. They don't even receive gifts from other people. They become more depressed than they were before the holidays.

At my counseling center, more people come to me for counseling than at any other time during the year. The holidays are a good time for you to make serious, positive changes in your life, but the magic is in you. You have to initiate the changes if you want them to take place.

Here are some tips that you can use to maintain your emotional equilibrium and make 1995 the best year of your life:

- 1) Right now, go to the store and buy yourself a gift. Buy an inexpensive gift that will put a smile on your face.

- 2) Make your own cassette tape. Record the following message and listen to it five to ten times each day: "I will do something each day to add happiness to my life. My happiness is my responsibility. I now imagine myself taking a small step each day toward achieving my ultimate goal. I feel happy now and I will not let anything destroy this feeling."

- 3) Get a small amount of exercise each day. Don't overdo it. Just enjoy it. And do it often.

- 4) Have a purpose, no matter how small, for every day of your life.

- 5) Spend more of your time with happy, confident people. Avoid those folks who make you unhappy, or are unhappy themselves.

- 6) Visit a good counselor, if you feel that some aspects of your life are just a wet fly off-track.

- 7) Stop worrying so much. Very, very few of the things that you worry about ever happen. So why worry? You're not even going to handle the actual problems that occur. Get professional assistance if you do need it.

- 8) Don't let other people make decisions for you, do trust your own good judgment and take charge of your own life. Don't expect others to make you happy. Do what you must do to make yourself happy.

- 9) Don't devote your life to making someone else happy; do use your energy for making yourself happy. Don't find reasons to delay doing what you really want to do, to take a risk (it can't kill you).

- 10) Don't expect to please everyone (it simply won't happen); do expect sorry disappointments (they are all part of life—they won't kill you, either). Don't expect everyone to like you, do realize that some people do not like themselves, so they probably won't like you either.

- 11) So what? Your life doesn't revolve around them. Finally, don't put yourself down. Don't make unnecessary criticisms about yourself. No one is perfect. You are just as good as anyone else. Make everyone your holiday. Don't go through these same changes again next holiday—or ever again.

Send Community Calendar events to City News,
P.O. Box 1774 Plainfield, NJ 07061

Plainfield—Margo Reeder, 30, of Plainfield was recently hired by The Arc of New Jersey as administrative assistant to the Administrative Services Department. Reeder graduated from Rutgers University with a B.S. in Business Management with a concentration in Finance. She is currently in her first year of the Masters of Public Administration program at Rutgers University's Newark Campus. Prior to working for The Arc, Reeder was an office manager at MacLaren Development in Plainfield.



Professional Directory

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—WASHINGTON, DC

—KANSAS CITY, MO

His Excellency Zubair M. Kazaure
Nigeria's ambassador to the U.S.

It addition, it is unclear whether the civil rights exemption would ap-

Rev. Maurice Dawkins was GOP candidate for the U.S. Senate nominated by the Virginia Republican Party in 1998.



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Notes of love

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February 8, 1995
February 8, 1995

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Notes of love

Message

A To Valentine, through the heart of the City of Pittsburgh, I love you. Love, [Name]

B Eddie, you're the only Valentine I need. Love, Michelle

C Michelle, you're the only Valentine I need. Love, Eddie

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 17" x 27" ad

\$15
 17" x 27" ad

\$25
 27" x 27" ad with photo

OPINION

EDITORIAL

Plainfield Association needs support

Plainfield City Administration and Council should welcome the efforts of the Plainfield Block/Tenant Association in their drive to pitch in and make Plainfield a cleaner place to live. The Association recognized that litter and garbage is a serious problem that could be addressed effectively by the organization. Actually making Plainfield a clean and attractive city, as in most cities and towns, requires the participation of every citizen.

What would happen if in addition to the Association working to keep the city clean, the Plainfield Schools decided to institute a program where students were actively involved in keeping their schools clean and free from litter and graffiti; ministers encouraged parishioners to make sure the block on which their church is located is litter-free? What if every business owner made sure his establishment and surrounding area was clean?

Maybe creating a litter-free and clean environment would encourage the local authorities to move those individuals along who stand in front of buildings and on street corners loitering and lingering.

We believe the Association has the right idea and should be supported by every resident of Plainfield. You certainly have our support.

Our efforts were not in vain

by Julian K. Robinson



With the recent appointment of the first African-American member of the New Jersey Supreme Court an important objective of the state-wide letter-writing campaign initiated by this writer in 1992 was achieved. And Governor Whitman certainly deserves credit for the excellent precedent-setting appointment of Associate Justice James H. Coleman, Jr., who was sworn in last month.

However, credit and a word of thanks should be conveyed also to approximately two hundred predominantly African-American community leaders and just plain citizens who responded to my requests and wrote letters during the past three years to Governors Florio and Whitman urging the appointment of African-Americans to not only the Supreme Court, but to the New Jersey Highway Authority and the New Jersey Turnpike Authority as well. Hopefully, the following brief description of the project and the letter-writers may serve at this very significant point in the New Year as a modest but meaningful tribute to the memories of both Dr. Martin Luther King, Jr. and Malcolm X.

With the knowledge that June 19th is observed each year by many African-Americans throughout the country as Emancipation Proclamation Day, on that date in 1992 I sent the first of what would ultimately become a dozen mailings to approximately 140 civic and political leaders throughout New Jersey. Initially, I asked that they write to Governor Florio urging him to appoint an African-American woman to the New Jersey Highway Authority; but my request was broadened by the time of the third or fourth mailing in 1993 to include the appointment of African-Americans to the New Jersey Turnpike Authority and the New Jersey Supreme Court as well.

The group of 140 addressees included the state's 12-member Legislative Black Caucus, both U. S. Senators, four Congressmen, and 40 New Jersey NAACP branch presidents. In addition, the branch presidents received a similar written request from the president of Legacy, the Highway Authority's minority

employees organization.

To my direct knowledge, some 160 letters were received by Governor Florio before he left office in January 1994; Up to June 1994, I know of 54 letters which were received by his successor, Governor Whitman. In addition to dozens of letters from just plain citizens, the writers included the following:

NAACP presidents from branches in:

Greater Aberdeen
Asbury Park/Neptune
Cumberland County
Elizabeth
Hoboken
Irvington
Jersey City
Long Branch
Metuchen/Edison
Morris County
Newark
New Brunswick
Passaic
Red Bank
Roselle
Southern Gloucester County
Toms River
Willingboro

Legislators and public officials:
Frederick William Braker (Hudson)
Assemblyman Robert Brown (Essex)
Assemblyman Joseph Charles (Hudson)
Senator Thomas Cowan (Hudson)
Public Safety Director Glenn Cunningham (Hudson)
Assemblyman Gerald B. Green (Union County)
Hudson County Clerk Janet Haynes (former president, New Jersey Coalition of 100 Black Women)
Senator Bernard F. Kenny, Jr. (Hudson)
U.S. Senator Frank R. Lautenberg
Senator Wynona Lipman (Essex)
Assemblyman Jackie R. Mattison (Essex)
Senator Ronald Rice (Essex)
Former Assemblyman George Richardson (Essex)
Mayor Bret Schundler (Jersey City)
Assemblyman Thomas S. Smith, Sr. (Monmouth)
Assemblywoman Quilla S. Talmadge (Essex)
Councilman Rudolph Thomas (Orange)

Congressman Robert G. Torricelli
Assemblyman John S. Watson (Mercer)
Councilman Daniel Wiley (Jersey City)

Community leaders:

by Connie Woodruff

The good news is Harold and Cathy Sumpter Edwards and son, Marcus, are toasting the arrival of a baby girl (Kenya) who weighed in at a whopping 8 lbs. 15 oz. Mother and daughter are doing just fine, thank you.

Kim Gaddy, Newark councilwoman Mildred Crump's chief of staff, may be coy about future political plans but some of her good friends continue to insist an Assembly seat is in her future.

It appears Assemblyman Willie Brown will have one and possibly two primary challengers next year and may even have a fight to keep his Democratic chairmanship of the

Theodore Brunson, director, Afro-American Historical Society Museum, Jersey City
Myrtle S. Counts, president, New Jersey Coalition of 100 Black Women

Dominick D. Critelli, president, Local 95, I.P.E.T.E.
Harold DeLaune, president, Ebony Computer Systems
Richard Delk, community activist, Plainfield

Dr. Paul S. Freeman, dentist, Jersey City

Joseph Goodson, Coalition of Minority Employees of New Jersey Autonomous Agencies
Dr. Aileen Graham, president, New Jersey Association of Black Psychologists

David Herron, Montclair Citizens for Multicultural Education

Jerry J. Jackson, president, Legacy, New Jersey Highway Authority

Rev. Reginald Jackson, St. Matthews A.M.E. Church, Orange

Joshua J. Jones, New Jersey United Minority Business Brain Trust

Willie Jones, former director of Woman Resources, New Jersey Highway Authority

(Continued on page 10)

As I See It...

(Newark) South Ward.

Gaddy was being carefully honing her political skills. She was Crump's campaign manager and with the help of the South Ward Independent Democrats easily won re-election to the Board of Education.

However, since Brown has lost his job with the county, holding on to his Assembly seat is now an imperative so voters can expect a do or die campaign in the 23rd district.

Speaking of political fights, is one brewing in the East Ward (Newark) to decide who will succeed the late Lou Turco as Democratic chairman?

For the moment, East Ward Councilman Hank Martinez appears to be the front-runner. Rumor has it he has the endorsements and blessings of the former Mrs. Turco who held the chairmanship briefly years ago while her husband served a short sentence in federal prison and Jimmy Pirella, a perennial candidate for the post Lou

Turco held for 30 years.

There is an outside chance long time East Ward district leaders like Beauty Webster and Ben Amos and at least one Latino leader may feel it's time to go outside the Italian community for new leadership in a ward where other ethnic groups are outpacing Italo-Americans.

According to South Jersey insiders, Assemblyman Wayne Bryant will be tapped to move up to the State Senate seat left vacant by the death of Camden's Senator Walter Rand. That will bring the number of African-American senators to three and will prove what this columnist has been saying for years: Essex is not the only county nor is Newark the only city with the capability to elect an African-American senator or congressman.

The death of James A. Walker, last week, brought back a flood of memories of Newark 25 years ago when the city tottered on the brink of

chaos and change.

Jim Walker was one of a half dozen angry young men who found their way to Newark just before the historic, infamous 1967 riots and remained here to carve out a niche as a civil rights advocate, equal opportunity "expert" and community activist who helped to make a difference.

Walker and others joined the ranks of young Newarkers like the late Harry Wheeler, LeRoy Jones (before he became Amin Baraka), Andy Washington, Kenneth Gibson, Jim Dupree, Bernice Bass, Edna Thomas, Marion Kidd, Elaine Brode, the late Herman "Jelly" Williams, Carolyn Kelly, Dr. Fred Means and others working to change the status quo through the election of blacks to mayor or city council.

Walker never talked about his life before Newark except to say he had served in the Army during World War II. At the time he was director of the N.J. Regional Drug Abuse Agency

(Continued to page 10)

Are you a part of 'colorblind' America?

by William Reed

Do you believe that America is a "colorblind" society? President Clinton, and most of the members of his staff and cabinet believe that America is a colorblind society; as does, New Gingrich and most of the American Congress, Clarence Thomas and most of the Supreme Court, John Reed and most of the executives of Citicorp and others who sell real estate, buy advertising, or hire and/or fire people in most of the country's public and private sectors.

The same people who try to tell you that America is a melting pot of various ethnic groups and that each of its citizens is judged not by his color, but by the content of his character, will also try to tell you that Santa Claus recently stopped to see all of the boys and girls in the world in one night last December.

People who make the pretense that all the vestiges of segregation, Jim Crow and racial discrimination are gone from American society, and

everybody looks the same to them, need to explain why the figures for African-American unemployment are almost three times higher than those for whites. Those who claim that equality in colorblindness to explain why blacks experience higher instances of incarceration than whites, have a harder time obtaining housing and loans, and even when they get employment are statistically more probable to get fired quicker than most whites.

So, the people who allege that they see and act with "no racial differences" will probably tell you that they see no need for black newspapers, or organizations like Blacks in Government, Urban Bankers or the National Association of Black-Owned Broadcasters. The "colorblind people" say that black newspapers, magazines, and organizations are forms of "Reverse discrimination" and are not needed if our society is to progress as the world's melting pot.

"Why do we need a Black Press?" Linn Washington, Jr., executive edi-

tor of the black-oriented *Philadelphia Tribune*, posed this question in a recent editorial in his newspaper. "This question falls frequently from the mouths of blacks as well as whites," states Washington. He continues, "Curiously, few of those who question the need for the Black Press question why we need a Washington Post, Chicago Tribune or Los Angeles Times when there is USA Today?" The answer to Washington's question is very simple: The reason we need a Black Press is the continuing need for a medium to counter the distorted depictions blacks have historically received in the American press.

A recent study by the Scarborough Research Group is being bandied about among corporate advertisers and their agencies, saying that companies seeking to reach black consumers don't have to use black-oriented publications, because African-American readers are more likely to receive such ad messages through the general community newspaper.

(Continued on page 6)

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Kids Kalendar

BEGINNING JANUARY 18

WATCHUNG—Kinder Color, a special headstart program for children 4-5 years old has been added to the winter art class program at the Watchung Arts Center. The group will meet from 3:45 to 5:15 p.m. For more info call 908-753-0190.

JANUARY 18

WESTFIELD—Pre-registration for a workshop at the Putnam Cooperative Extension which begins Jan. 20 at 7 p.m. The workshop teaches how to build a landscape and decorate it with bird seeds. For more info call 908-654-8854.

JANUARY 21 AND 28

NORTH BRANCH—There will be a "Share the Sky" Planetarium at Raritan Valley Community College. For more info call 908-218-8805.

JANUARY 21, 22, 28, AND 29

NEWARK—The Newark Museum will present two shows at 1 and 3 p.m. entitled The Secret of the Carboard Puppet. For more info call 201-596-6550.

SOUTH AMBOY—A performance of The Little Mermaid will appear at the Children's Theatre at Club Bane at 2 p.m. For more info call 908-727-3000.

JANUARY 22

NORTH BRANCH—The Gizmo Girls, a juggling duo, will appear at Raritan Valley Community College at 1:30 and 6 p.m. For more info call 908-725-3420.

JANUARY 28

MAHWAH—Skitwo, a national children's learning program, is sponsoring Family Fun Day at the Campgaw Mountain Ski Area for families with children aged 3 to 8 from 8:30 a.m. to 1 p.m. For more info call 201-327-7800.

JANUARY 28 AND 29

EDISON—Beauty and the Beast will be performed at Middlesex County College at 1 and 2:30 p.m. For more info call 908-906-2566.

MONTH OF FEBRUARY

NEW YORK—The Children's Museum of Arts will sponsor a host of special exhibits for children of all ages, including sing alongs every Thursday and interactive theater every Friday. For more info call 212-724-0911.

FEBRUARY 4 AND 18

MOUNTAINSIDE—Registration for Spring troop at the Watchung Stables will begin on the 4th for those troops who rode during the spring and fall of 1994 from 8 a.m. to noon and 1:30 p.m. to 4:20 p.m. New members can register on the 11th from 9 a.m. to noon. For more info call 908-789-3665.

FEBRUARY 18, 19, 25, 26

SOUTH AMBOY—Aladdin will be performed at Club Bane at 2 p.m. For more info call 908-727-3000.

Send Kids Kalendar events to:

City News,

P.O. BOX 1774,

PLAINFIELD, NJ 07060

Books celebrating African-American History

With Black History Month rapidly approaching what better way to learn about African-American heritage and literature but through reading? Below are several books offered by the Oxford University Press for all ages, for the celebration of Black History Month and the ongoing study of African-American history.

The African American Family by Dorothy and Thomas Hoobler (ages 12-adult), illustrates the unique African-American immigrant experience. Unlike most immigrants to this country, the majority of Africans were brought to America against their will to be sold as slaves. It was only after the Civil War and freedom that thousands of African Americans made their own migration, voluntarily heading West and to the cities of the North. In the process, they took with them the music, art, and literature that were to transform American culture. *The African American Family* album includes such famous figures as Rosa Parks, Martin Luther King, Jr., Ralph Ellison, Jackie Robinson, Toni Morrison, Spike Lee, and many others less famous who also proudly call themselves African-Americans.

The Book Of Rhythms by Langston Hughes with an introduction by Wynton Marsalis and an afterword by Robert G. O'Malley (all ages). Langston Hughes loved music almost as much as poetry, both are rhythmic and both fire the imagination. In this beautifully designed book, he looks at rhythm as a key component of human experiences, from physical visual patterns that attract the eye to rhythms in nature like the beating of a human heart. Originally published in 1954, this new edition,

VERONA—Pushcart Players, the Verona-based theater company for young audiences, continues the celebration of its twentieth anniversary season with the revival of a critically acclaimed folk musical, *American Sampler*. Scheduled to tour schools and theaters throughout New Jersey, New York, Connecticut and Pennsylvania, *American Sampler* will open in early Spring and will run through December 1995.

American Sampler is a musical journey through the landscape of America from the arrival of the first

settlers in 1620 to the new wave of immigrants at the turn of this century. Stops along the way include early encounters with Native Americans, the colonists' confrontation with Mother England, the Boston Tea Party, westward expansion by pioneers, the Underground Railroad, Civil War, California Gold Rush, and Industrialization. A medley of familiar international songs provide a spirited finale and a rich overview of America's multicultural history.

Specifically designed for young audiences from K through 8, the musical is colorful and quickly paced. It transforms school auditoriums and all-purpose rooms to an "off-Broadway" theater experience.

"This delightful and up-tempo show is an absolute must," says Artistic Director Paul Whelihan, "because it brings history and social studies to life, and puts human value issues squarely on the agenda in a way that even very young kids can grasp and think about."

Limited openings remain available to schools and may be arranged by calling Pushcart at 201-857-1115.

Youth services holds 2nd annual MLK over-night leadership program

NEWARK—On February 24 and 25, Quest Essex Youth Services and the Office of Black Catholic Affairs will sponsor an overnight leadership experience for teenagers age 13 through 19. The Martin Luther King, Jr. Over-night Leadership Program will focus on the life and times of the late civil rights leader.

Young people will be allowed to explore the beliefs of Dr. King through the presentation of speakers and individuals who worked with Dr. King's organization and a host of multi-media presentations about the fifties and sixties.

Youth are being recruited for participation from Newark, Teaneck, Jersey City and Plainfield. The program seeks the widest cross-section of individuals to resemble the cross section of people involved in the social movement of Dr. King's era.

The program will take place at two sites, Smith Hall on the Collier Estates in Wickliffe, New Jersey and will culminate with a reception/presentation supper for the participants at the Saint Charles Center located at 85 Custer Avenue in Newark.

The overall purpose of the program is to provide young people

with a sense of leadership of Dr. Martin Luther King, Jr. and his commitment to justice and equality. As well, to analyze their leadership skill potential and be moved to a more active role in terms of leadership in their local communities and school.

Research and presentation development for the program has been provided by faculty of Seton Hall African Studies Department and the Upward Bound programs.

For more information, contact the Quest Youth Services Offices at 201-926-9898.

McDonald's sponsors contest to the "Motherland"

CHICAGO—For those dreaming of an opportunity to travel to the continent of Africa, the time has come once again to enter McDonald's "Adventure to the Homeland" Sweepstakes.

McDonald's will award 10 one-in-a-lifetime trips for two for an 11-day excursion to West Africa. Each package includes airfare, hotel accommodations and \$500 spending money. Hosted by William Haley, son of late Roots author Alex Haley, the lucky winners and their guests will depart New York for Dakar, Senegal in September, where they'll retrace the path of Haley's ancestors. They will also visit Goree Island, a point by which millions of African captives passed in route to the Americas, and to the Caribbean Islands.

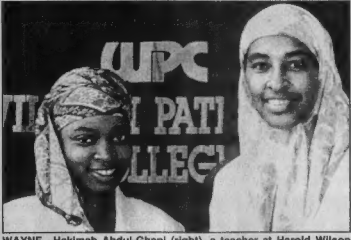
Travelers additionally will receive their African name at a traditional naming ceremony, and attend the Haley Family Reunion where they will meet the actual descendants of Kunta Kinte.

All of this while experiencing first-hand the rich, cultural history of the people of Africa.

Entries will be accepted February 1st through April 14th, 1995. You must only enter once and must be 18 years of

older to enter. Youth under 18 may have an older sister, brother, parent or guardian enter on their behalf. To enter, hand-write your name, address, city, state, daytime telephone number and age on a 3x5 card and mail it to McDonald's "Adventure to the Homeland" Sweepstakes, P.O. BOX 1614, Evansville, IN 40015-9614.

Newark teacher honored by former student



WAYNE—Hakimah Abdul-Ghani (right), a teacher at Harold Wilson Middle School, who is formerly of the Miller Street School, received the William Paterson College 1994 Scholars Recognition Award from WPC freshman Naleesa AlMutazzim of Newark during a special luncheon held recently at the college in Wayne. AlMutazzim, the recipient of a WPC Trustee Scholarship, nominated Ghani as the educator who was "most influential" during her high school years. "As a result of Ms. Ghani's influence on me to achieve my goals, I tried out for scholarships, and received three, without which I could not be here today," says AlMutazzim.

Newark scholarship winner honors mother at awards luncheon



WAYNE—Linda Little (right) received the William Paterson College 1994 Scholars Recognition Award from her daughter, WPC freshman Carretta Little of Newark, during a special luncheon held recently at the college in Wayne. Carretta Little, the recipient of a Garden State Scholarship and a Distinguished Student Scholarship, nominated her mother as the person who was most influential during her high school years. "Mrs. Little was my teacher, counselor, and coach on every level," says Linda. "I would not have succeeded without her determination to make me a success."

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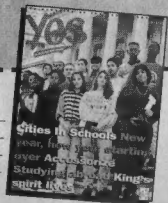
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Religious Calendar

SUNDAY, JANUARY 22
NEWARK—First Mt. Zion Baptist Church will commence a Twelve Step Spiritual Foundation Course at 9:30 a.m. as a new part of their Sunday school program. For more info call 201-242-4173 or 676-0306.

JANUARY 23 AND 24
PLAINFIELD—First Park Baptist Church presents a prayer rally featuring Rev. Dr. Charles Walker of the Nineteenth Street Baptist Church in Philadelphia at 7:30 p.m. For more info call 908-561-1966.

Send Religious Calendar events to
P.O. Box 1774
Plainfield, NJ 07061

Charles Reid Bible Institute opens in Plainfield

PLAINFIELD—A dedication ceremony was held yesterday, January 17, marking the grand opening of the Charles Reid Bible Institute (CRBI), 1032 South Avenue, Plainfield. The Education Department of Faith Tabernacle Church, Inc. announced the opening of the institute who was named in memory of the late Elder Charles Reid who was an Associate Pastor at Faith Tabernacle Church, Inc. in Roselle, New Jersey.

The church feels they could not

have selected a better name for the school than the one which is representative of a person who believed in studying the Word of God. The first classes are scheduled for February 6, and will be held every Tuesday evening from 7:00 p.m. - 9:00 p.m.

A four month certificate program General Bible I ("Introduction to the Bible") will be offered.

The Institute is an affiliate of Faith Tabernacle Church, Inc. located at 1037 Frank Street, Roselle, New Jersey.

Beth Israel's Adult Day Care Center offers services for seniors

NEWARK—While the life span of the average person continues to rise, many people have to assume the responsibility of caring for their parents. Where should they go? What can they do? Who can take care of them?

Newark Beth Israel Medical Center

ter's Adult Day Health Care Center offers an alternative for older adults to join in group activities, while having immediate access to medical attention if necessary. The center, which is open from 9 a.m. until 4 p.m., Monday through Friday, is available to local residents age 60 or older. Located at 120 Lyons Ave., the center provides older adults with a structured day of therapeutic activities, providing stability and an improved quality of life.

The Adult Day Health Care Center at Newark Beth Israel Medical Center offers a structured therapeutic environment on a daily basis for older adults in the South Ward of Newark and Irvington.

Services provided by the center include medical and nursing assessment, psycho-social evaluation and testing, cognitive rehabilitation and therapy, restorative services, case management, podiatry and psychiatric services, and referrals to a variety of medical services. Activities include fitness exercises, musical activities, arts and crafts, and day trips.

Family members can also benefit from the Adult Day Health Care Center's support group for caregivers. The free-hour-long sessions are held the second Wednesday of the month.

In addition, the center organizes intergenerational projects between the clients at the center and local school groups. For information about the Adult Day Health Care Center or its support group for caregivers, call the office at 201-926-3004.

Location... Location... Location Get City News at a box near you!!

NEW BRUNSWICK

610 George St. at Rutgers Bus Stop
Somerset St. & Wall St. at Train Station
Rt. 27 & Albany St.
361 George St. at Burger King
George St. & Monument Sq.
Bayard St. at Middlesex County Court House
Bayard St. & Kirkpatrick St. at Post Office
67 Paterson St. at Board of Chosen Freeholders

Market St. & Raymond Plaza at Penn Station Bus Stop
Raymond Blvd. & Mulberry Ave. at PSE&T Bldg.
Park Place Robert Trent Hotel
Central Ave. at St. Michael's Hospital Medical Center
New St. & University Ave. at Rutgers University
Marlin Luther King Blvd. County Executive Office
South Ave. & Bergen St. at University Hospital
South Ave. & Bergen St. at Pathmark

EAST ORANGE

Central & South Harrison Ave. at The Bus Stop
Central Ave. & Evergreen Place
Main St. & Lincoln St. at Motor Vehicle Agency
Main St. & South Burnet St. at East Orange Diner
City Hall Plaza
Springdale Ave. at Bus Depot
Springdale Ave. & New St. at Bus Stop
Springdale Ave. & Civic Square at Post Office

PLAINFIELD

716 W Front St. at White Star East Front St. & Madison Ave. at McDonald's
East Front St. & Somerset St. East Front St. & Watchung Ave.
East Front St. & Roosevelt Ave. at Union County Dept. of Human Svcs.
East 2nd St. & Church at Union County College
East 2nd St. & Watchung Ave. Watchung Ave. at YMCA
W 4 St. at Train Station
Park Ave. & East 5th St. at Red Tower Restaurant
Park Ave. & East 7th St. Park Ave. & Crescent Ave.
Park Ave. & Randolph Rd. at Mulhensberg Hospital
South Ave. & Leland Ave. at Burger King
South Ave. at Foodtown

ELIZABETH

Elmora Ave. & West Grand St. at Foodtown
Elmora Ave. & West Grand St. at Dunkin Donuts
Railway Ave. at Dunkin Donuts
Broad St. & Railway Ave. at Library
Railway Ave. at Bus Stop
Railway Ave. & E. Tow Plaza
Elizabeth Ave. at Foodtown
Broad St. & Railway Ave. at Court House
Broad St. & Dickinson at McDonald's
Broad St. & West Jersey St. at Bus Stop
North Broad St. & West Grand at The Bus Stop
North Broad St. at Post Office

IRVINGTON

Springfield Ave. at Bus Depot
Springfield Ave. New St. at Bus Stop
Springfield Ave. & Civic Square at Post Office
Civic Square at City Hall

NEWARK

1060 Broad St. at Bus Stop
Essex Plaza Towers
Walnut & Orchard St. at Department of Justice Building
Broad St. at Bus Stop Across From City Hall
Broad St. & Market St. on Each Corner
Broad St. at Prudential Building
Broad St. & Cedar St.
Broad St. & Military Park Bus Stop
540 Broad St. & Lombardi St. at Bell Atlantic Building

JERSEY CITY

Newark Ave. & Summit at Jersey City Public Library
595 Newark Ave.
Newark Ave. Court House
Summit & Magnolia Dunkin Donuts
Journal Square
Sip Ave. & Journal Square



Pat Dingleberry (left), head nurse in the medical services department at Jersey City State College explained to JCSJ sophomore Patricia Dingleberry (right) of Jersey City and JCSJ Junior Barbara DeLeon of Elizabeth the work on a panel created by members of the college community and submitted to The NAMES Project AIDS Memorial Quilt. Panels from the AIDS Memorial Quilt were exhibited at the college as part of a series of JCSJ programs held in recognition of World AIDS Week. Photos for the JCSJ panel were collected by JCSJ alumna Tricia Martin of Jersey City and the series was coordinated by Dingleberry.

Newark's New Year baby



Newark residents James C. Owens Jr. (left) and Lorna Reardon (seated) are the proud parents of daughter Naseebah Owens, the first baby born at UMDNJ-University Hospital in 1995. Charles Alston (right), president of University Hospital's Auxiliary, presented the couple with a layette filled with baby-related items, the hospital's traditional gift for the first birth of the year. The infant's paternal grandmother, Gladys Owens-Jordan (standing), was at the hospital for the presentation. Naseebah arrived at 1:18 a.m. on Jan. 1, weighing 7 pounds and 3 ounces.

Colorblind America

(Continued from page 4)

The "colorblind" people at Scarborough, and the companies they claim to represent, need to research why the Black Press was started 168 years ago. The founders of *Freedom's Journal* noted in a March 16, 1827 editorial that blacks were not treated fairly by the general press. "From the press and the pulpit we have suffered much by being incorrectly represented. Our vices and our degradation are ever arrayed against us, but our virtues are passed by unnoticed." So, go ask the "Colorblind people" what has changed for blacks in our representation in those general market publications in these days and times?

We should not believe the "colorblind" hype, or allow it to fume. Why should we allow our fate, communications and issues to be put in the hands, and at the benevolence, of people who have ongoing records of disservice to us? The Blacks in Government group has discovered that African Americans are fired at a greater rate than whites in most government agencies. Who else could, or will, pursue equity in the government workplace?

The Urban Bankers group has uncovered not only discrimination in upward mobility opportunities in most banking operations, but have rooted out numerous instances of these banks discriminating in their loan practices in the general marketplace. Can we expect this type of scrutiny from these

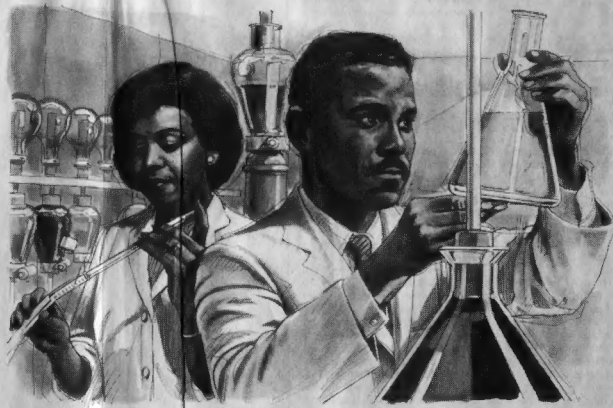
who would have us believe that we, and all things, are equal?

In the dining rooms of the heads of government agencies, boardrooms of corporations and even churches of America, you can see how the people who run this county can develop a colorblind attitude. Basically the only people that the colorblind advocates see when they are in their normal settings are people who are look like them, of the same color.

In the consumer market, where black America's annual \$300 billion expenditures can make the difference between profit and loss for many companies, a number of them have responded positively to "non-colorblind" research. General Motors, Ford, Philip Morris, USAir and Anheuser-Busch are among a precious few companies who openly admit that they know blacks as high ranking employees and as a consumer group.

Companies such as these deserve a salute to their lack of colorblindness and their targeting of funds and advertising to reach us. As long as blacks allow a "colorblind" pretense on the part of most public and private sector leaders to continue, we will continue to be grossly overlooked in things that matter toward our lives and lifestyles, simply because the evidence proves that a colorblind attitude doesn't allow you to see people of color accurately.

Supporting Our Scholars of Tomorrow... Today.



If we are to have scientists, engineers and other professionals for tomorrow, we must start today.

Our nation's future depends on its greatest natural resource, our young people. And their key to the future is education.

But many students simply can't afford to attend college. Government cutbacks in education support, fewer student loans and rising costs have combined to limit access to a college education for many minority students who need financial assistance.

That's why Brown & Williamson Tobacco Corporation continues to support

educational opportunities with contributions to the United Negro College Fund and directly supports institutions of higher learning that serve minority students. Our commitment to UNCF is only part of Brown & Williamson's, and our employees' grants to education.

We know these future leaders, now studying in colleges and universities across the country, need our help. Given the opportunity, these young people will excel and secure a brighter future for themselves and for all of us.



BROWN & WILLIAMSON TOBACCO CORPORATION

Our Continuing Commitment to Community Service.

Billboard

JANUARY 23 - 28

NEW YORK—Pianist Junior Mance, Bassist Calvin Hill and Saxophonist Joe Temperley will appear at Zinno Bar and Restaurant. For more info call 212-924-5182.

JANUARY 27

WATCHUNG—Pianist Derek Smith returns to the Jazz Series at the Watchung Arts Center at 8 p.m. For more info call 908-753-0190.

JANUARY 28

ATLANTIC CITY—Sinfonia live at The Grand Resorts at 8 and 11 p.m. For more info call 609-340-2600.

JANUARY 29

WATCHUNG—Gregg Pasley to perform at the Watchung Arts Center at 8 p.m. For more info call 908-753-0190.

FEBRUARY 1 THRU APRIL 30

MORRISTOWN—Visit the Star Trek: Federation Science at the Morris Museum. For more info call 201-538-5454.

NOW THRU FEBRUARY 5

NEW BRUNSWICK—Lorraine Hansberry's "A Raisin in the Sun" will be at the George Street Playhouse with 8 p.m. performances (Tue.-Sat) and 2 and 7 p.m. performances (Sun. except 2/5). For more info call 908-246-7717.

NOW THRU FEBRUARY 18

JERSEY CITY—There will be an art exhibition entitled "Shango Change: An Installation by Ben Jones" honoring the African Yoruba god, Shango and St. Barbara at the Jersey City Museum from 1 p.m. to 4 p.m. The reception is free and open to the public. For more info call 201-547-4379.

NOW THRU FEBRUARY 19

NEW YORK—Younger Men Older Woman's starring Millie Jackson will be at the Seacoast Theatre. For more info call 212-496-7070.

NOW THRU FEBRUARY 28

SUMMIT—A "Heroes and Heroines: From Myth to Reality" exhibit opens in the Palmer Gallery. For more info call 908-273-9121.

Send Billboard Calendar events to City News, PO Box 1774, Plainfield, NJ 07061

ARTZ WEDNESDAY

Photographic portraits of African chiefs at the Newark Museum

NEWARK—From now through February 26, The Newark Museum will present *Paramount Chiefs of Sierra Leone: Photographic Portraits by Vera Viditz-Ward*, an exhibition of thirty compelling photographs of the West African nation's highest ranking chiefs.

These rulers administer 148 chiefdoms in a system that dates back to Sierra Leone's earliest history. They represent an extraordinary range of backgrounds, from traditional leaders who have risen to prominence solely within their communities to trained professionals who attained distinction in national life before returning to their chiefdoms. The regalia worn by the chiefs in these photographs reflects Sierra Leone's rich history.

Viditz-Ward, an American-born photographer, associate professor of Art at Bloomsburg University in Pennsylvania, has been taking photographs in Sierra Leone for almost two decades. Over the years, she observed dramatic appearances by these powerful chiefs at public functions and celebrations. Elaborately clothed in ceremonial garments, the chiefs were



Madom Yatta Koraama Saffawah II, Paramount Chief Niewa Chelfdom, Mende people - Eastern Providence. Photo by Vera Viditz-Ward

often accompanied by musicians and dancers. Her fascination with the pageantry led to photographing the chiefs during such formal appearances. The photographs in the exhibition were taken between 1986 and 1988. Viditz-Ward worked together with Joseph Opala, an

Dance Theater of Harlem School Ensemble comes to Montclair

MONTCLAIR—"An Introduction to Ballet" will be presented by the Dance Theater of Harlem School Ensemble as part of the Popcorn Playhouse family series on Saturday, January 21 at Montclair Kimberly Academy, 201 Valley Rd. Performances are at 11:00 a.m. and 1:00 p.m. The attraction is sponsored by the Arts Council of the Essex Area, in association with the Beta Alpha Omega Chapter of the Alpha Kappa Alpha Sorority, Inc.

The presentation spotlights eight young adult dancers, selected from the most advanced students of the school, the country's premier African-American classical ballet company. Through lecture/demonstration and performances, young audiences learn about the work and performance

practices of both male and female ballet dancers. Stressing the rigor and discipline of ballet as well as the grace of the art form, the young ensemble performs basic exercises and barre work, followed by more difficult combinations, lifts and partnering, and culminating with full ballet pieces from the company's repertoire. The program ends with an audience participation portion as well as time for questions and answers with the dancers.

Tickets for Popcorn Playhouse performances are \$5.50 (Arts Council and ArtsMaplewood members) and \$6.00 (non-members). Discounts are available for groups of ten or more. There is a \$3.00 service charge on each complete ticket order. For more information call 201-744-1717.

CeCe Peniston to perform at Club Bene

SOUTH AMBOY—Singer, song stylist supreme, CeCe Peniston, will be performing in concert at the Club Bene's Dinner Theater located on Route 35 in Sayreville, Saturday, February 11. On this evening CeCe will perform one show at 9:00 p.m. with an optional dinner being served at 7:00 p.m.

This will mark the first appearance that CeCe will make at Club Bene. The international success of her gold debut album *Finally* and the other four hit singles it spawned set the stage. A year on the road criss-crossing the globe, getting rave reviews for her dynamic performances created the reality. CeCe's follow-up album, *Thought Ya Knew* has confirmed that she is in the vanguard of the new generation of artist whose music is to make its mark the world.

By the time CeCe entered the studio to record her latest LP, she had already established herself as one of the most promising new



CeCe Peniston

artists of the 90's, thanks to the runaway success of *Finally*.

For further information or to spend an evening with the CeCe Peniston call Club Bene at 908-727-3000.

American anthropologist researching the significance of chiefly dress. Their project resulted in an exhibition of photographs that is now part of a permanent installation in Sierra Leone's National Museum.

Club Bene

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Res. 908-727-3000

February-4th	February-11th	February-15th
The Chi-Lites	CeCe Peniston	The Whispers
"Oh Girl"	"Finally"	
February-26th	March-8th	March-15 & 16
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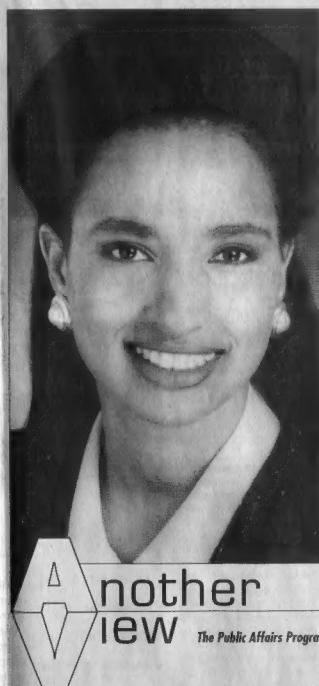
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Business Calendar

JANUARY 18 AND 19
WOODBRIIDGE—Business Opportunity Seminar. Sponsored by Sharkey's. For info call 908-985-7207.

NEW YORK—Business Opportunity Seminar. For info call 908-985-7207.

WEDNESDAY JANUARY 18 AND SUNDAY JANUARY 21
JAMESBURG—13 Things Every Woman Should Know About Investing... The Truth About Women & Money seminar sponsored by United Jersey Bank will be at the Forsgate Country Club. For specific times or further info call 1-800-LUB-3259.

THURSDAY, JANUARY 19
BRIDGEWATER—Independent Contractors, Subcontractors seminar sponsored by the Somerset County Chamber of Commerce. Call 908-725-1552.

EDISON—Government Contracts for Small Business sponsored by the NJIT PTA Center. For info call 609-742-0584.

WEST ORANGE—Second Annual Archbishop's Labor and Business Recognition Dinner at Mayor Farnham's at 6 p.m. For more info contact Michael Hurley at 201-598-3710.

JANUARY 19-22
NASHVILLE—The Black Pages Annual Conference will be held at the Ramada Inn Hickory Hollow in Nashville, Tennessee. For more info call 1-800-824-3518.

FRIDAY, JANUARY 20
LINCROFT—The Inland Business Roundtable will meet from 8 a.m. to 10 a.m. in the RYCC Velvet Theatre to share common interests in the field of international trade. For info call 908-526-1200.

JANUARY 20 AND FEBRUARY 10
HACKENSACK—Training And Employment seminar at the Hackensack Technical Schools at 9:30 a.m. For more info call 201-343-6000 ext. 3346.

TUESDAY, JANUARY 24
NEWARK—Fourth Annual Sharper First Awards Program will be held at the First Fidelity Bancorporation building, 550 Broad St. 18th fl. For more info call 201-242-8237.

WEDNESDAY, JANUARY 25
PLAINFIELD—Black Business Association of Plainfield meeting at the Mohawk Lodge at 7:30 p.m. For info call 908-561-5996.

MAYS LANDING—Government Contracts for Small Business sponsored by the NJIT PTA Center. For info call 609-742-0584.

NEWARK—The Downtown Security Alliance meeting at the Newark Club at 2 p.m. For more info call 212-242-8237.

THURSDAY, JANUARY 26
FRESHKILL—NAABO Regional Annual Dinner Meeting. For info call 908-842-0929.

SATURDAY, JANUARY 28
JERSEY CITY—A ten week security management and administration institute non-credit course is being offered at Jersey City State College from 9 a.m. to 1 p.m. For more info call 201-200-3085.

TUESDAY, JANUARY 31
PHILADELPHIA—Fundamentals of Marketing: Modern Concepts and Practices. Sponsored by the AMA. For info call 1-800-262-9699.

WEDNESDAY, FEBRUARY 1
HOUSTON—World of Opportunity: Solutions for Minority Entrepreneurs seminar. Sponsored by the American Association of Minority Businesses, Inc. For info call 1-800-381-2262.

FRIDAY, FEBRUARY 3
WAYNE—Former New York City Mayor David Dinkins will discuss the Future of the American City during the William Paterson Distinguished Lecture Series. For info call 201-598-2965.

SUNDAY, FEBRUARY 5
JERSEY CITY—For Women Only: Start Your Own Business at Home. At Hudson County Community College from 2 to 6 p.m. For info call 201-714-2107.

MONDAY, FEBRUARY 6
NEW YORK—Competitive Strategies: How to Develop Marketing Plans, Strategies & Tactics. Sponsored by the AMA. Call 1-800-262-9699 for info.

TUESDAY, FEBRUARY 7
BRIDGEWATER—The Somerset County Chamber of Commerce is sponsoring its second business card exchange at the Bridgewater Sports Arena, 1425 Frontier Rd., Bridgewater from 9 a.m. to 10 p.m. For more info call 908-725-1552.

WEDNESDAY, FEBRUARY 8
LINCROFT—Are You an Entrepreneur? A reality check for women who ask "Is business ownership for me?" Free seminar sponsored by NJWBQ. For info call 908-707-0173.

SOMERSET—Economic Vitality Award Luncheon, sponsored by NatWest Bank. For info call 908-751-1552.

NEW BRUNSWICK—Discrimination in the Workplace. Sponsored by the NJSBF. For info call 1-800-FREE LAW.

Thursday, February 9
TRENTON—Government Contracts for Small Business, sponsored by the NJIT PTA Center. For info call 609-347-7957.

Send Business Calendar events to
P.O. Box 1774
Plainfield, NJ 07061

Minority business to embark on a 'World of Opportunity'

WASHINGTON, DC—The American Association of Minority Businesses Inc. (AAMB) is presenting a series of conferences entitled "World of Opportunity: Solutions for Minority Entrepreneurs."

The two-day conferences scheduled for Houston, TX, Los Angeles, CA, Miami, FL, Detroit, MI and New York, NY, are designed to assist minority entrepreneurs answer questions such as: "What is the best health care insurance for my company?" "How can I access more capital for my business?" and "How can I benefit from the use of technology?"

The conferences were developed by AAMB exclusively for minority business owners to address an array of topics that answer their technical, financial and managerial concerns.

AAMB, a national non-profit trade association with headquarters in Charlotte, North Carolina, is dedicated to enriching the minority business community through a series of informational, educational and motivational business development programs.

The association is committed to providing owners and employees of the nearly two million minority busi-

nesses in the U.S. with valuable discounts and cost savings on essential products and services used daily in their business operations. By using the collective "buying power" of the minority business community, the organization is able to negotiate a portable level preferred pricing on products and services such as health care insurance, life insurance, disability insurance, retirement plans, travel services, computer equipment, business equipment, reduced rate loans, access to affinity credit cards, long distance and much more, much more.

IBM and MCI have agreed to underwrite a major portion of this conference series to show their support for AAMB and the minority business community. The company also brings a unique business concept to the conferences entitled the "Solution Center." These centers provide minority business owners with one-on-one business management information and technology solutions to compete in today's marketplace.

Attending these conferences will be several national and local experts to discuss the issues and solutions facing the minority business owner. Invited guests include, United States

Secretary of Commerce, Ronald H. Brown. His message will address the inclusion of minority businesses in the economic revitalization of America and how it is essential to America's economic growth. Also, invited guest, Michael C. Rogers, director of the Minority Business Development Agency will discuss the expanded role of Minority Business Development Centers across the country and how these centers are working to increase purchasing contracts and opportunities for minority businesses.

Keynote speakers Terrie Williams, author of *A Personal Touch*, and Dr. Dennis Kimbro author of *Think and Grow Rich: A Black Choice* will provide motivational insight into

not only their success, but how you can achieve your goals and aspirations.

In addition, participants can learn how local CEOs achieved their success in a panel discussion filled with worthwhile experiences of the "highs and lows" of owning your own business.

"Our purpose in developing these conferences for the minority business community across the country was to provide an enjoyable and educational forum for CEOs and entrepreneurs. We hope to create an environment where entrepreneurs have an opportunity to network with other entrepreneurs and obtain the "secrets" of success from experts and similar companies that are leaders in their chosen

fields," stated AAMB President Charles Kelly.

"It is a first of it's kind and we're looking forward to providing a unique experience and opportunity for minority business owners to expand and grow their business."

Additional sponsors include; Miller Brewing Company, GE Capital, Bank of America, Nations Bank, John Alden Life Insurance, Hyatt Hotels, ITT Hartford, Chemical Bank, USAir, Chrysler Corp., the MBDA and SBA.

For conference cost and registration contact AAMB's "World of Opportunity" Center at 1-800-381-2262.

NatWest to commit \$3 million in reduced rate mortgage loans

JERSEY CITY—NatWest Bank has announced that it will offer reduced home mortgage rates to individuals in New Jersey successfully completing the loan counseling program of ACORN Housing Corporation. In the one-year program, NatWest will make available \$3 million to fund home mortgage referrals from ACORN.

NatWest will provide the financing through its Home Mortgage Opportunity Loan product, which allows low-to-moderate income residents to achieve below market rate loans. Qualified applicants can receive 30-year mortgages at 1.25 percent below the regular 30-year fixed rate mortgage, and no more than one point for orientation fees.

"We are very pleased at the success of our Home Mortgage Opportunity Loan product," said Susan Rice, senior vice president in charge of Community Development at NatWest. "ACORN has a fine history of assisting applicants in obtaining mortgage loans, and we look forward to marrying our products to ACORN's outreach and counseling efforts."

NatWest introduced its Home Mortgage Opportunity Loan product in New Jersey in 1989 and has generated more than 750 loans since that time.

ACORN will inform individuals of NatWest's offering once the person successfully completes the Association's credit counseling services. "This kind of reinvestment program is very important for rebuilding

low and moderate income neighborhoods," said Daryn Martin, chairman of ACORN New Jersey. "On behalf of low-to-moderate-income families who have been discriminated against in the past, we commend NatWest for their efforts in reinvesting in minority neighborhoods through ACORN."

Loans can be made for up to 95 percent of the property value and financing can be achieved for almost any amount.

The buyer is required to put down a minimum of 3 percent of the purchase price of his or her own money as part of the down payment. The mortgage program includes one to four family units as well as co-ops and condominiums.

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Clinton Administration and FEMA

(Continued from page 1)

Department was the first major city in the country to use Pycrop. Detroit Executive Fire Commissioner Harold Watkins said, "we placed Pycrop in all our rigs on Devil's Night. It is the most effective wetting agent we have dealt with, and during Devil's Night no fatalities occurred."

"Pycrop's greatest strength is its ability to reduce toxic smoke and fumes while absorbing large amounts of heat," says Cecil Shackleton, fire commissioner of Roosevelt Field District in Long Island, New York.

He says, "as a fire fighter, one of the greatest dangers in fighting fires is 'flashover,' the spontaneous combustion of superheated gases when suddenly comes into contact with atmospheric oxygen, and this can occur in seconds. This product reduces the hazards of flashovers."

Shackleton, says in the three years he has used Pycrop in his fire district there has not been a single fatality. However, the adjacent town, Hempstead, New York, recently had six fire related fatalities, of which five were black children.

This has caused the leaders in that community to contact Roosevelt's Fire District and inquire about getting Pycrop in their fire stations. And still the White House and FEMA wait and take no action. As the high peak fire season approaches, there will undoubtedly be more senseless loss of lives. As federal

(Continued on page 10)

Community organization blasts PSE&G's Blacks doubtful plan to close payment center

NEWARK—New Jersey Citizen Action (NJCA) blasted Public Service Electric and Gas Company's (PSE&G) plan to close their 16 customer service centers.

"Cutting costs by cutting jobs will help New Jerseyans one bit," said Stacey Peterson, organizer for Citizen Action.

"PSE&G can't honestly believe that this is the best possible method for reducing costs," Peterson said. "Jeopardizing close to 200 jobs and taking valuable community resources out of neighborhoods does more harm than good for customers and customer service personnel. Instead

of closing the centers, PSE&G should write off their nuclear investments in order to cut expenses."

PSE&G claims that this proposal could save the company \$10 million a year. The payment centers are primarily located in urban areas like Newark, Elizabeth, Paterson, New Brunswick, Trenton, and more.

"This plan will not only cost people jobs, but it will pose a terrible hardship for people who rely on the convenience of these payment centers to pay their bills and have questions answered," Peterson said.

Peterson continued, "What's going to happen to people who can only

pay their bills in cash once the centers are closed?"

"For many people, closing the local payment center could be the difference between maintaining service and having their service shut off."

Citizen Action, the state's largest citizen coalition, will be mobilizing grass roots efforts against this proposal. Since the summer, Citizen Action has also been working to stop a 154-million rate increase by PSE&G, and has held a number of demonstrations in front of these same customer payment centers.

(Continued from page 1)

own warped psychoanalysis on why they believe that Sister Quiblah Shabazz allegedly plotted to have Minister Farrakhan killed.

Fortunately, the majority of African Americans and other progressive people understand how the government plots to setup brothers and sisters in our community, and are not falling for this latest FBI scheme. In the last couple of days, information about an informant named Michael Fitzpatrick, who is supposedly a white former classmate of Sister Quiblah's that was allegedly going to help her hire a hit man to kill Minister Farrakhan, has come out. Early reports indicate that Fitzpatrick has specialized in infiltrating organizations and helping the FBI to setup individuals within those organiza-

tions. Fitzpatrick is now in a Witness Protection Program, conveniently keeping him away from reporters and other people.

At a time when various black leaders and organizations are making steps to unite and work together to fight back against the new wave of racism and repression currently taking place in this country, it would certainly appear to be very suspect that the FBI now informs the public of this so-called conspiracy and plot against Minister Farrakhan. The review and rehearsing of the feud and split with the Nation of Islam by our beloved and slain leader Brother Malcolm X, seems to be aimed at stirring up bad feelings and animosities that may still exist in the black community among various individuals and organizations. Conveniently

timed to coincide with the approaching 30th anniversary of the death of Brother Malcolm X, and the numerous events planned to be held around the country, aimed at focusing in on Malcolm's legacy and message, the FBI is evidently trying to disrupt and cause confusion with the Black Liberation Movement, as it has historically done.

We need to be very vigilant and wary of these tactics that continue to be used against our brothers and sisters. Sister Quiblah Shabazz has been unfairly used as a target by the FBI. She along with her mother and sisters have suffered and endured the harassment of the FBI in the past and I'm confident they will overcome these latest attacks with our support and help.

Clinton Administration

(Continued from page 8)

eral and local governments, and fire commissions sit by—still more lives are lost.

Pyracap International Corp., has garnered much success in foreign markets, such as Japan, Jordan, Kuwait, Abu Dhabi, and Saudi Arabia. "What Pyracap meets here is the resistance of the existing bureaucracy," said Romeo Spaulding, "when Pyracap gets into the hands of firefighters they love it, but they aren't the ones in charge of procurement. And on that one, we don't want to upset the status quo equation."

Adams wants to make the public aware and push for more testing and use of Pyracap here in the U.S., especially in light of the fact that blacks are affected by fire disasters at a disproportionate rate, after all, he says, "It's an American product and it's about the business of saving lives."

Every local community can have this product by contacting International Corporation. However, until your local community gets B-136, please exercise caution

during the winter.

Pyracap's home safety tips

- ✓ Keep your furnace clean and check that the pilot light is working
- ✓ If you use a space heater, keep it away from flammable materials, never use it when you sleep and make sure the wiring is sound
- ✓ Have all alternative heating sources such as wood stove examined by an expert to make sure they are functioning properly
- ✓ Do not use the oven for heating
- ✓ When using window air-conditioning units, take care not to overload circuitry

tioning units, take care not to overload circuitry

- ✓ Have the units serviced by a technician at the beginning of the season
- ✓ When barbecuing keep charcoal burners at a safe distance from the house and from anything else flammable
- ✓ Avoid using high-flame charcoal burning fluids
- ✓ Don't wear loose-fitting clothing while cooking (anytime of the year)

Source: District of Columbia Fire Department.

As I see it...

(Continued from page 4)

cy in Newark (1965-1968).

Although he was not particularly enamored of the Addonizio administration and supported the Black and Puerto Rican Coalition when it embraced Ken Gibson's candidacy against the incumbent mayor, Walker held a job with the administration as director of the Pest Control Agency from 1968 to 1970.

Jim became a political zealot in the Gibson campaign. An excellent speaker with a command of English second to none, he was on the stump

day and night for Gibson and the "Community Team" of candidates swept into office with him in 1970.

Walker had other political talents he would never admit to, and they include a knack for developing a portfolio of dirty tricks guaranteed to drive the opposition bananas.

He was one of the early entrepreneurs to emerge in the Gibson administration by founding a company focused on training programs for jobs in the construction

trades in partnership with various construction trades unions.

With the passing of time, the Jim Walkers of the 60s became less passionate about the civil rights movement of the Flower Children but remained on the periphery of community activism.

For all of the 50 years he lived in Newark, he was a man shrouded in mystery because he made a personal choice to keep his circle of friends limited to a precious few.

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Major issues

(Continued from page 1)

not voiced significant protests in support of black contractors who lost numerical set-asides. Also, the new 104th Republican-controlled Congress is unlikely to want to order more government regulation or to adopt policies that will favor one group over another.

William Perry Pendley, a Denver lawyer who's defending the white subcontractor whose low bid was rejected in the Adarand v. Peña highway construction case, may have well summed up the mood of Americans, and possibly the current court, when he said, "I think the American people are very fair people and have a great sense of fair play, but programs that put whites at a disadvantage strike people as very unfair. That's what we saw in the last election."

Not in vain

(Continued from page 4)

Rev. George W. Maize III, president, Jersey City Interdenominational Ministerial Alliance. Ronald S. Mathis, chairman, Fifth Annual Festival of the Arts and Heritage of African Americans of New Jersey.

Dr. Fred Means, former Dean of Professional Studies and Education, Jersey City State College.

Paul Mitnaul, community activist, Cranbury.

Lloyd J. Oxford, president, Black United Fund of New Jersey, Inc.

Fred H. Rasheed, director, NAACP Economic Development Program.

Edith Reid, president, Central Jersey Club of the National Association of Negro Business and Professional Women's Clubs, Inc.

Tyrene Reynolds, community activist, Jersey City.

Rev. Major M. Smith, Newark.

James S. Sommerhauser, president, International Federation of Professional and Technical Engineers (I.F.P.T.E.).

Siobhan A. Teare, president, Garden State Bar Association.

William J. Thornton, businessman, Jersey City.

Douglass Tucker, Coalition of Minority Employees of New Jersey Autonomous Agencies.

Elizora Watson, president, Urban League of Hudson County, Inc.

Just as I am certain all of the letter-writers join me in congratulating Associate Justice Coleman on his historic appointment, I know he joins me in thanking them for their civic vigilance in helping create the climate which made it possible.



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HEALTH CALENDAR

JANUARY 1-31 NATIONAL VOLUNTEER BLOOD DONOR MONTH

MONDAY-SATURDAY

NEWARK—Free confidential AIDS counseling and testing, 9-6 p.m. (Sat. 9-4 p.m.) Newark Community Health Centers. Call 201-565-0355 for appointment, or Plainfield Health Center at 908-753-6401.

EVERY FOURTH MONDAY

ELIZABETH—The Elizabeth Center for Planned Parenthood of Greater Northern New Jersey is offering a low-cost cancer screening for women over 40, from 9 a.m. to 2 p.m. They provide pap test, cervical and breast exam and blood pressure check. Appointments only, call 908-351-5384

EVERY THURSDAY

IRVINGTON—Irvington General Hospital offers a free STD clinic at 5 p.m. If you think you or your partner may be infected call 201-399-6124 immediately for an appointment.

MILLBURN—Cancer Care of NJ is offering an eight-session support group for cancer survivors who are at least six months post-treatment and cancer-free beginning January 26. For more info contact Jose Pacheco at 201-379-7500

EVERY TUESDAY AND THURSDAY

EDISON—There will be a fully-monitored 13-week exercise and nutrition program, designed to minimize the physical demands of pregnancy and speed up recovery following childbirth at the JFK Health and Fitness Center at JFK Medical Center. For more info call 908-632-1610.

EVERY LAST THURSDAY

EDISON—Educational seminar entitled "Quit and Stay Quit," from 7 p.m. to 8 p.m. at the Center for Drug and Alcohol Prevention and Treatment. For more info call 908-634-7910.

EDISON—The Blood Bank at JFK Medical Center needs healthy blood donors, ages 17 to 70, (donors under age 18 must have written parental consent). If you or anyone you know would like to donate blood, or for further info please call 908-321-7683.

THURSDAY EVENINGS & FRIDAY MORNINGS

CRANFORD—Alternatives, a group therapy for abusive or violent men in the home, is offering confidential group sessions at The Mental Health Association office. Individual intake sessions are being scheduled now. For more info call 908-272-0304.

EVERY MONDAY

EDISON—A free educational series for individuals and families affected by drug and alcohol abuse, "Chemical Dependency Family Education," is currently being offered from 7 p.m. to 8 p.m. at the CDAPT office. For more info call 908-634-7910.

TUESDAYS

NEWARK—Beth Israel Medical Center offers a support group for persons who are HIV positive. The group meets from 1 p.m. to 2 p.m. in the medical center's Professional Building. For more info call 201-926-7846.

MILLBURN—Cancer Care of NJ is sponsoring three - eight session support groups for cancer patients, friends and family members

of cancer patients, and people aged 55 or older who have lost a spouse or partner to cancer beginning January 24 at 241 Millburn Ave. For more info call 201-379-7500.

EVERY SATURDAY

WESTORANGE—The Northern NJ Chapter of the National Multiple Sclerosis Society, sponsors a free swim program at Kessler Institute for Rehabilitation. 9:30 to 11:30 a.m. For more information, contact Carol or Laurie at 201-984-6667.

IRVINGTON—Free WIC & Lead Testing from 9:15 a.m.-10:15 a.m. at the Irvington Health Dept. for pregnant and nursing women from birth to 5 yrs old, lead poisoning and anemic children. Blood Tests are free, walk-ins are welcomed.

TUESDAY AND THURSDAY

IRVINGTON—There are Free Baby Clinics at the Irvington General Hospital for newborns to 5 yrs. old. YOU MUST CALL FOR AN APPOINTMENT at 201-399-6652.

JANUARY 14 AND FEBRUARY 4

SOMERSET—A certification course in Myofascial Massage Therapy will be offered over the weekends of January 14 and February 4 at the Somerset School of Massage Therapy. For more info call 908-356-0767.

FRIDAY, JANUARY 20

WESTFIELD—"Counseling the Addicted Person and Family in the Group Setting" seminar will meet at 300 North Ave. For more info call 908-233-8810.

JANUARY 23 AND 29 SIGHT SAVING SABBATH

JANUARY 23-29 NATIONAL GLAUCOMA AWARENESS WEEK

WEDNESDAY, JANUARY 25 NATIONAL I.V. NURSE DAY

JANUARY 25-29 BETTER HEARING AND SPEECH WEEK

THURSDAY, JANUARY 26 SCHOOL NURSE DAY

SATURDAY, FEBRUARY 25

NEWARK—Celebrate Black History Month with UMDNJ discussion and slide show when Dr. Thurman Hunt, from the pain management center, discusses his work with healers of Nigeria at noon, room 7600. For more info or to register call 1-800-982-DOCS.

FRIDAY, MARCH 10

NEWARK—Discuss Uterine fibroids and treatment options at UMDNJ with Dr. Nanette Santoro from the Center for Fertility and Reproductive Medicine in room 7600 at noon. For more info or to register call 1-800-982-DOCS.

THURSDAY, MARCH 30

NEWARK—Lecture, the role of antioxidants in the prevention of chronic disease at The J. James Smith, M.D., Lectureship at 9 a.m. in the Medical Science Building at UMDNJ. For more info contact Dr. John Bogden at 201-982-5432.

FRIDAY, MAY 19

NEWARK—Symposium: New Initiatives in Medical Education and Healthcare at the Alumni Reunion Weekend at UMDNJ. For more info contact Dr. Elizabeth Alger at 201-982-5436.

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HEALTH BRIEFS

Travelers with health concerns should plan ahead

People with special health concerns should take precautions when traveling abroad. Travelers should: Talk to a physician before planning a trip; Obtain the names of physicians in destination cities; Carry a physician's letterhead letter explaining the need for medicines or medical equipment the traveler will be taking along; Take along an ample supply of necessary medicines as well as duplicates of prescription orders; Wear a medical-alert necklace or carry a wallet card explaining medical conditions and allergies. Also, contact airlines, cruise lines and hotels to advise them of any special medical needs.

New test available for musculoskeletal pain

A new diagnostic test can more precisely pinpoint the source of musculoskeletal pain. The test, Surface Electromyography shows the finer details of muscle activity often missed with an X-ray. Surface EMG measures electrical impulses during muscle contraction. It is used on people with muscle spasms and chronic back pain and on stroke patients. With an improved "picture" of muscle function, we can determine treatment to activate the muscle. During the test, the patient wears a light-weight transmitter and battery pack around the waist. Small disk electrodes are attached to the skin to measure muscle impulses. The physician can view the impulses on a screen while the patient is exercising.

Young girls need more calcium before puberty

Increasing dietary Calcium before puberty may be an important step in preventing osteoporosis. Recent studies with girls aged 5-16 show a significant amount of bone-forming activity, much earlier than previously believed.

Toxin can be beneficial

Injections of a bacterial toxin can lessen the spasms of focal dystonia which strikes muscles of the neck, eyelids, mouth and jaw, vocal cords and limbs. The treatment uses botulinum toxin. Botulinum toxin would be poisonous if taken by mouth, but, when injected directly into the affected muscles, it lessens the severity of the spasms. Botulinum toxin paralyzes the muscles by blocking the nerve impulse to the muscle. After injection, spasms improve within three to four days.

Teenage mothers' nutrition being studied

Approximately 600,000 teenage girls deliver babies each year; however, little is known about the nutritional needs of these mothers whose babies often weigh less than 5 pounds each. Researchers at the USDA's Children's Nutrition Research Center are seeking to better understand the nutritional needs of young mothers in an effort to reduce the number of low-birth-weight babies. Pregnant teens must be able to meet the nutritional requirements for their own growth and development and also support the needs of their growing fetuses. Mothers-to-be who are 15 or younger from different ethnic groups are being studied taking into consideration dietary intake, proportion of body fat to muscle, amount of iron in the blood and cholesterol levels.

HEALTH FOCUS

Education is key to cultural diversity in medicine

by James L. Phillips, M.D.



Medicine needs more people of color.

Out of all the physicians in the U.S., only 3 percent are African American. That's disappointing, since blacks make up four times that percentage of the U.S. population.

Similar disparities exist among other minorities such as Mexican Americans, Native Americans, and mainland Puerto Ricans. Studies show that minority patients often prefer doctors of their own cultural background. Some people from different ethnic groups are more responsive to physicians who understand their lifestyle and feel more at ease to talk about their condition.

Why are so few minority students pursuing medical careers?

Some students forgo medical school because they think they cannot afford it. They do not realize that substantial financial aid is available. With the help of undergraduate college advisors, minority medical students are fulfilling their dream of becoming a doctor.

Another reason may be that minority groups often come up short when it comes to "making the grade."

Recent reports suggest that minority students are less likely than white students to get

adequate educational preparation for medical school and, ultimately, a medical career. Unlike children, black and white, from middle-class suburban households who are exposed to a stimulating educational environment, low-income students often attend urban schools with fewer teachers, larger class sizes, and meager budgets.

What can be done?

Perhaps elementary and secondary schools can start by introducing science and mathematics in innovative ways to students. You can never start too early. With a little imagination, teachers can make the field of medicine attractive and rewarding by exposing students to professional role models. Guidance counselors can also steer students interested in science and medicine in the right direction by recommending the proper classes for pursuing a medical career.

As a parent, you can also help to change the "face" of medicine. You are ultimately your child's number one guidance counselor. Team up with your child's school, parent-teacher organization, and community groups.

Take your child to a science museum. Many large cities have health museums that make learning interesting to children. Try at-home science experiments with your child. Let your child participate in local science fairs, or be a hospital volun-

teer.

Encourage your children to read. Let them know that reading is "cool" and not "nerdy." Dr. Ben Carson, a black neurosurgeon whose mother encouraged him to read two books a week, became a renowned physician who performed the first successful separation of siamese twins joined at the head in the 1970s.

Medical schools can also play a major role in bringing cultural diversity to the educational and patient care setting. Baylor College of Medicine in Houston, for example, offers the Honors Premedical Academy, a summer program that exposes 125 promising underrepresented minority college students to the world of medicine.

Colleges and universities across the country are forming similar partnerships with elementary and secondary schools and undergraduate universities.

One innovative recruitment plan is the Association of American Medical College's Project 3000 by 2000. The project's goal is to have 3,000 underrepresented minority students entering U.S. medical schools each year by the year 2000. In 1994, there were 2,200 freshman minority medical students.

Yet, more work needs to be done.

Children—black, white, poor or wealthy—who dream of being a doctor should be encouraged and helped. They, too, can become outstanding physicians—just like Dr. Carson.

Blue Cross Blue Shield opens health center

Blue Cross and Blue Shield of New Jersey (BCBSNJ) heralded a new era in health care delivery for area residents with a grand opening ceremony for its Health Care Center at Jersey City, located at 1 Journal Square.

Local business and government officials joined company executives in the official debut of the site, one of ten BCBSNJ centers opening throughout the state in January and February. The centers mark BCBSNJ's first major step into integrated health care delivery—"the health care system of the future," and signals a change in the company from a health insurer to a health care deliverer, as well.

The centers, which represent a \$30 million investment for BCBSNJ, will offer consumers the one-stop convenience of a broad range of health services provided by an experienced team of personal care physicians and staff.

Other new sites include Brick, Burlington, Clifton, Cranford, Eatontown, Paramus, Parsippany, Mt. Laurel, and Mays Landing townships.

"This is a giant step toward our becoming a total managed-care company," said William J. Marino, president and chief executive officer of BCBSNJ. "With our new statewide integrated delivery system, we will offer consumers personal, reliable, and quality health care at conveniently accessible locations and at affordable costs. These are the health services consumers have told us they want, and we have responded to meet their specific needs."

Each center will be staffed by family practitioners, general internists, a pediatrician, a gy-

neecologist and a mental health specialist. Diagnostic laboratory and radiology equipment and facilities to perform minor surgery will be available, along with an on-site pharmacy. Consumers will choose a primary care physician from the center staff. They can also access other specialists and services within the network.

The company said the Jersey City site will initially be staffed by a three-physi-

cian team headed by Dr. Frances B. Pellicia, a pediatrician, who will serve as the center's medical director. Other members are Dr. Laura Marie Saint Martin, a family practitioner, and Dr. Marwan Assaleh, an internal medicine specialist. All doctors are board-certified.

"All of the doctors selected to staff our new centers are highly experienced medical professionals, many of whom bring thriving (Continued on page 7)

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State provides medical assistance for children

Some New Jersey families are looking forward to the new year with a brighter, more hopeful outlook thanks to a unique state fund that provides assistance with medical bills for sick children. Governor Christine Todd Whitman announced the awards from the Catastrophic Illness in Children Relief Fund (CICRF) at a state house ceremony where she was joined by several recipients and their children.

Since September of last year, the CICRF has approved awards totaling \$3.6 million to help over 200 families cope with uncovered expenses associated with children's illnesses. The commission has approved \$21 million in assistance to more than 900 New Jersey families since it began making awards five years ago.

"The fund serves as a safety net for families," said Joan Applebaum, newly elected chairperson of the commission. "It allows them to continue productive lives while caring for a sick child and coping with mounting medical bills."

Families of any income may qualify, and the fund does not limit coverage to specific diseases or diagnoses. Eligible medical and related expenses are those not covered by insurance or state or federal programs and include hospitals and physician bills, medications, wheelchairs, transportation for treatment, psychiatric and home health care, and vehicle and home modifications.

"We define catastrophic in terms of the economic impact a child's illness has on a family," explained Mary Ann Whiteman, ex-

ecutive director of the fund. "A family may have health insurance, but coverage can be inadequate when a child has a serious, expensive illness or injury. With the help of the fund families can avoid a financial crisis and return to the routine responsibilities of their lives."

The range of awards reflects this approach. In the most recent group, families receive awards starting at \$1,000 and reaching \$270,000 a range of all years extent from a low of \$500 to a high of \$500,000. The fund is collected from an annual surcharge of \$1 per employee levied on all employers who are subjected to the New Jersey Unemployment Compensation Law.

A family may qualify for the fund's help if a child's unreimbursed medical and related expenses exceed 15 percent of the families annual income up to \$100,000 plus 20 percent

of any income over \$100,000. Children 18 years and younger are covered and families must be state residents. Expenses must have been incurred during a previous 12-month period and expenses dating back to January 1988 will be considered.

"Our goal is to make sure that any family who might need the fund knows we're here to help," Whitman said.

The fund, previously in the state Department of Health, has been transferred to the Department of Human Services following amending legislation passed by the state legislature and signed by the Governor in December.

For more information about CICRF contact Mary Ann Whiteman at 609-292-0600 or the Family Information Line 1-800-335-FUND.

United Hospitals forms sickle cell support group for patients

Living with sickle cell disease is not easy. There are good days and bad days and no one knows that better than 21-year-old, Stephanie Maddox and 13-year-old, Stephanie Carter. They have more than their first names in common. Both are familiar with the illnesses of sickle cell.

The two met recently through the Big Sister/Little Sister Program of United Hospitals Medical Center's Comprehensive Sickle Cell Treatment Center. Maddox serves as the

big sister to Carter and helps to answer any questions Carter may have about her illness.

"My sister carries the sickle cell trait, but does not have the symptoms," said Carter. "She doesn't know how I really feel when I'm having a bad day, so I'll call Stephanie and she can relate to what I'm experiencing—whether it's being tired or feeling weak."

Maddox found out that she was affected with sickle cell when she was five years old. "I lend support to Stephanie and other young

children suffering with sickle cell by letting them know that they can lead very long and productive lives," said Maddox. "It's reassuring to know that because they experience so many different illnesses at a young age, and sometimes it becomes very discouraging."



During a recent hospital stay, Stephanie Carter, (l) is visited by Stephanie Maddox, from the Big Sister/Little Sister program of the hospital's Sickle Cell Treatment Center.

(Continued on page 7)



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Glaucoma: The sneak thief of sight

What you don't know can hurt you

Glaucoma (pronounced glaw-koma) is a disease of the eye in which the pressure inside the eye rises above normal. This excessive pressure can destroy the retinal cells and optic nerve fibers which blinds the eye.

Glaucoma, it should be emphasized, is not infectious. It is not cancer. It is not a drying-out of tear ducts or caused by overuse of your eyes. It is, however, a serious disease and one that deserves prompt medical attention.

Glaucoma has been called "the sneak thief of sight" because in its most prevalent form it is a disease that comes on gradually before the victim is aware anything is wrong. Even infants may have glaucoma, but adults are the most frequent victims, and the number affected climbs alarmingly after age 35.

Recent evidence compiled by the National Eye Institute indicates that glaucoma is more prevalent, begins earlier in life, and progresses faster among blacks than other ethnic groups. According to national estimates, the disease afflicts more than two million Americans. Many of these people do not realize that they may be facing blindness unless they act promptly to obtain treatment. One out of every seven black Americans today is blind from glaucoma.

Each year, about 4,000 Americans are blinded by glaucoma, even though the disease can be controlled and blindness prevented through early detection and immediate treatment.

The loss of sight is gradual. It begins as loss of side vision, then it continues toward the center of vision, until finally all sight is

destroyed. Because the visual loss is gradual in the early stages of the disease, few signs of the disorder are recognized. Affected persons are unaware of the progressive loss of sight. They may see objects clearly, even read a wall chart with normal central vision, but, at the same time, may be blind in the outer areas of the visual field, where sight has been lost due to increased eye pressure. A wall chart test will not disclose this creeping blindness.

People with normal vision can stand at a street intersection and see traffic from both directions. Those with advanced glaucoma can see only straight ahead, as if they were looking through a long tube.

Glaucoma permanently narrows the visual field until only a small area of straight ahead vision remains, then none at all. The tragedy is that sight destroyed by glaucoma can never be restored.

While chronic glaucoma cannot be cured, it can be controlled and held in check chiefly through the use of daily medications that either increase fluid removal from the eye or decrease the amount of fluid produced within the eye. In more severe cases, surgery may be required to improve the drainage of eye fluids.

Eye doctors and medical researchers continue to seek better ways to treat and control glaucoma. Their efforts in recent years have led to earlier detection of the disease, new drugs more successful surgical techniques.

Although glaucoma is not contagious, it can and is likely to run in families. Because of this additional risk, relatives of glaucoma

patients should take personal warning and schedule eye examinations at least once every year, even though there is no apparent eye trouble.

What causes glaucoma?

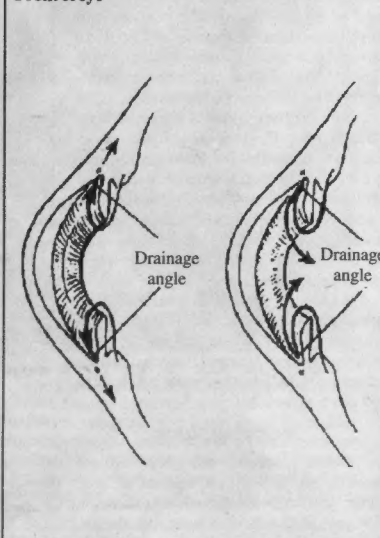
Clear liquid, called aqueous humor, flows in and out of our eye. The liquid is not part of the tears on the outer surface of the eye. You can think of the flow aqueous fluid as a sink with the faucet turned on all the time. If the "drainpipe" gets clogged, water collects in the sink and pressure builds up. If the drainage area of the eye, called the drainage angle, is blocked, the fluid pressure within the inner eye may increase, which can damage the optic nerve.

Types of Glaucoma:

There are four major kinds of glaucoma. The most common form is **Open Angle Glaucoma**—its victims are frequently aware of its presence and progression. It occurs as a result of aging. The drainage angle of the eye becomes less efficient with time and pressure within the eye gradually increases.

The second kind is **Angle Closure**—This condition causes severe pain and loss of vision and requires immediate medical care. If you

Front of eye



The clear liquid aqueous humor is constantly flowing within the eye (left). If the drainage angle of the eye is blocked, the fluid cannot flow out of the eye (right).

(Continued on page 6)

Blacks face excess risk of glaucomatous blindness

Usually your body sends warning signs when you are sick—a scratchy throat, a stomach pain, a rash—to tell you to seek medical care. But sometimes your body might not send any warning signs. High blood pressure, for example, can lead to a heart attack or stroke before you even know you have it. That is why it is important to have your blood pressure checked regularly, even if you feel fine.

People sometimes wonder why they need to get eye exams. If they haven't had any problems with their vision. Well, did you know that there is a serious eye disease that can damage your vision without any warning signs?

The disease is glaucoma, a leading cause of blindness in the United States. Three million people have glaucoma, and thousands more may have it, and are risking blindness because they don't get regular eye exams. You don't have to be one of them.

This simple test will let you know if you are at risk for glaucoma:

- Are you over 60?
 - Are you of African ancestry?
 - Does anyone in your family have glaucoma or diabetes?
 - Have you ever had a serious eye injury?
 - Are you taking steroid medications?
- If you answer yes to any of those ques-

tions, you are at higher risk of developing glaucoma. If it's been more than two years since you had a medical eye examination, you should have one right away. People in these high-risk groups should have exams every one to two years.

Chronic open-angle glaucoma is one of the three leading causes of blindness in the United States. Recent data makes it evident that glaucoma is the leading cause of blindness in blacks in America. Data from the ten-state Blindness Registration Model Reporting Area revealed the rate of blindness registration for glaucoma in blacks was at least 8 times the rate among whites.

In the 45-64 year age group, the rate among blacks was 14-17 times that among whites. These differences cannot be explained solely by greater access to, or utilization of social services by blacks, the rate of registrable blindness from other causes was largely equivalent in the two races.

Glaucoma is clearly a major public health problem among blacks and one which ophthalmologists should take a leading role in addressing.

Even if you are not black or don't belong in one of the high risk groups, you could still develop glaucoma, especially if you are over 35. You should have regular eye exams every 3-5 years to make sure your eyes are healthy.

Protect your vision from serious eye diseases

Regular visits to an ophthalmologist and early detection, can help individuals protect their vision from serious eye diseases such as cataracts, diabetic retinopathy, and macular degeneration.

A **cataract** is a clouding of the lens of the eye and it can be compared to a window that is frosted or "fogged" with steam. A normal lens is clear and brings light into focus so you can see. It is a common cause of poor vision, especially for older people, but it can be treated.

If you think you have a cataract, you may experience blurry vision with no pain, glare, or sensitivity to light; a change in your eyeglass prescription, a need to read with brighter light, poor vision at night, or dull or yellowed colors.

"Surgery is the only way to remove a cataract," said Winston Scott, M.D. at United Hospitals Medical Center's Adult Eye Clinic. "The operation takes less than an hour and is painless."

Diabetic retinopathy is the eye disease which is commonly associated with diabetes. It is a major but preventable cause of blindness in adults in the United States. In a normal eye, the retina at the back of the eye sends the pictures of what we see to the brain. In a diseased eye, diabetic retinopathy damages the blood vessels in the retina and causes blurry vision.

The longer you have diabetes, the more likely you are to get diabetic retinopathy.

There are often no signs when the dis-

ease is first contracted. The vision will not change much and there usually is no pain. However, if an individual is not aware that the disease is present and treatment is not received, it could get much worse. By the time the disease is detected, it might be too late to be treated.

"To treat diabetic retinopathy, laser surgery may be used to slow down vision loss, but usually it can not bring back vision that already has been lost," said Dr. Scott. "Individuals with diabetes should have an eye examination by an ophthalmologist at least once a year."

Macular degeneration affects many individuals over 65. It is a disease which harms the macula of the eye. The macula is the small central area of the retina. The retina is the nerve layer in your eye that senses light and allows you to see. When your macula is diseased, your central vision is blurry, faded or distorted. This makes close work reading or dialing a telephone, very hard without special help.

"Someone with macular degeneration might be able to see a clock, but not read what time it is. Because the center of their vision is not affected, it does not cause total blindness."

If you suspect that your vision may be affected from any eye disease, please contact United Hospital Center's Adult Eye Clinic at 201-268-8125, or your closest ophthalmologist.

Glaucoma: the sneak thief of sight

(Continued from page 5)

have it, you will know instantly. One doctor called it a "toothache" in the eye. It attacks suddenly and painfully. Pressure inside the eye rises quickly to a damaging level, usually causing severe headaches, pain in the eyes, and possible vomiting. The pressure will result, sometimes in a matter of days. Like acute appendicitis, it presents a critical emergency, but acute glaucoma can be permanently cured by medicine and surgery.

The third type is known as **Secondary Glaucoma**. This type of glaucoma can occur at any age and may be secondary to ocular trauma or surgery, drugs (topical steroids, for example) developmental abnormalities, or other systematic disease (such as diabetes mellitus). An abnormally elevated intraocular pressure is almost always present in secondary glaucomas.

The fourth type of this disease is **Con- genital Glaucoma** which is glaucoma characterized by elevated intraocular pressure and enlarged corneal diameters, rarely caused at birth. Early treatment is needed to preserve vision.

Warning signs

While glaucoma can occur without warning, the following symptoms are possible. Any single symptom is a good reason for you to check with your eye doctor, hospital, clinic or your local health department for an eye examination.

- Rainbow colored rings (halos) around light
- A narrowing of the visual field (loss of side vision)
- Frequent changes in eye glass prescriptions without improvement of vision
- Abnormally poor vision in dim light.
- Fuzzy or blurred vision which may come and go
- Vague headaches or eye aches, particularly after watching movies or television in darkened rooms.

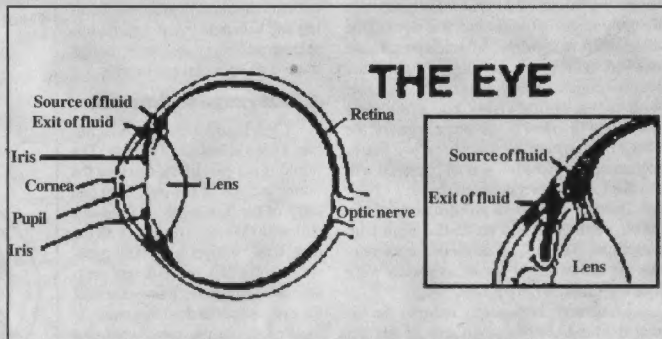
If you have any of these symptoms call your ophthalmologist immediately. Regular eye examinations by your ophthalmologist are the best way to detect glaucoma. During

a complete and painless examination, your ophthalmologist will measure your intraocular pressure, inspect the drainage angle of your eye, evaluate any optic nerve damage and test the visual field of each eye. Some of these tests may

have regular examinations to detect the early signs of damage to the optic nerve.

How is glaucoma treated?

As a rule, damage caused by glaucoma



Eye doctors and medical researchers continue to seek better ways to treat and control glaucoma. Their efforts in recent years have led to earlier detection of the disease, new drugs and more successful surgical techniques.

not be necessary for every person. You may need to repeat these tests on a regular basis, to determine if glaucoma damage is increasing over time.

Who is at risk for glaucoma?

High blood pressure alone does not mean that you have glaucoma. Your ophthalmologist puts together many kinds of information to determine your risk for developing the disease. The most important risk factors include:

- Age
- Near-sightedness
- African ancestry
- A family history of glaucoma
- Past injuries to the eyes
- A history of severe anemia or shock

Your ophthalmologist will weigh all of these factors before deciding whether you need treatment for glaucoma, or whether you should be monitored closely as a glaucoma suspect. This means your risk of developing glaucoma is higher than normal, and you need to

cannot be reversed. Eye drops, pills and laser and surgical operations are used to prevent or slow further damage from occurring.

With any type of glaucoma, periodic examinations are very important to prevent vision loss. Because glaucoma can worsen without your being aware of it, your treatment may need to be changed over time.

Glaucoma is usually controlled with eye drops taken several times a day, sometimes in combination with pills. These medications decrease eye pressure either by slowing the production of aqueous fluid within the eye or by improving the flow leaving the drainage angle.

For these medications to work, you must take them regularly and continuously. It is also important to tell all of your doctors about the eye medications you are using. Glaucoma medications can have side effects. You should notify your ophthalmologist immediately if you think you may be experiencing side effects.

Some eye drops may cause:

- A stinging sensation
 - Red eyes
 - Blurred vision
 - Headaches
 - Changes in pulse, heartbeat or breathing
- Pills sometimes cause:
- Tingling of fingers and toes
 - Loss of appetite
 - Bowel irregularity
 - Kidney stones
 - Anemia or easy bleeding

Then there are other treatments such as laser surgery and operative surgery. When operative surgery is needed to control glaucoma, your ophthalmologist uses miniature instruments to create a new drainage channel for the aqueous fluid to leave the eye. The channel helps to lower the pressure. Though serious complications of modern glaucoma surgery are rare, they can occur, as with any surgery. Surgery is recommended only if your ophthalmologist believes that it is safer to operate than to allow optic nerve damage to continue.

Treatment for glaucoma requires a "team" made up of both you and your doctor. Your ophthalmologist can prescribe treatment for glaucoma, but only you can make sure you take your eye drops or pills. Never stop taking or change your medications without first consulting your ophthalmologist. Frequent eye examinations and tests are critical to monitor your eyes for any changes. Remember, it is your vision, and you must do your part to maintain it.

Regular medical eye exams may help prevent unnecessary vision loss. You should have an examination:

- Every 3 to 5 years if you are age 35 and over.
- Every 1 to 2 years if a family member has glaucoma
- if you are of African ancestry
- if you have had a serious eye injury in the past
- if you are taking steroid medication

Information provided by the American Academy of Ophthalmology and Illinois Society for the prevention of Blindness.

Laser surgery: the new cure for eye disease?

Lasers, you've seen them in science fiction movies, at rock concerts, maybe you even have a laser disc player at home. Lasers have gone from space age technology to home entertainment; from the miraculous to the ordinary.

But in the eye care profession lasers are still miraculous; they give ophthalmologists the ability to prevent vision loss and fight a variety of serious eye diseases.

What exactly is a laser? A laser is a light, but a special kind of light. All light travels in waves, and the color of light is determined by its wavelength. Ordinary light, like the kind that comes from the sun or a lamp, travels in many different directions and has many different wavelengths. This is called incoherent light.

Laser light is coherent; it travels in one direction and it has a single wavelength. It forms a concentrated beam of light that can be finely focused and generate great power. This fine beam of light is particularly useful in treating the tiny structures within the eye. Different lasers can be used to

stop bleeding, cut tiny openings, seal tears or remove small amounts of tissue in the eye.

Laser surgery treatment may be effective for different types of glaucoma. The laser is usually used in one of two ways. In open-angle glaucoma, the drain itself is treated. The laser is used to enlarge the drain to help control eye pressure. In angle-closure glaucoma, the laser creates a hole in the iris to improve the flow of aqueous fluid to the drain.

While laser surgery requires a high level of skill and training, it also allows an ophthalmologist greater precision and control than other surgical techniques. It has other advantages over conventional surgery: no risk of infection, relatively little pain, and it can be done on an outpatient basis with a shorter recovery time.

Lasers are used to treat:

Diabetic eye disease: Diabetes can cause blood vessels in the retina, the light-sensing layer of cells at the back of the eye, to leak or grow abnormally. If uncontrolled, it can lead to vision loss. A laser can seal the leaking blood vessels and reduce abnormal vessel

growth.

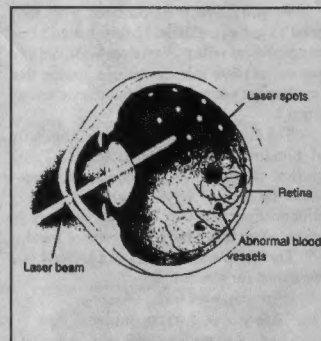
After cataract surgery: Sometimes after a cataract is removed, the membrane of the lens capsule becomes cloudy, interfering with vision. A laser creates an opening in the capsule to let light in and restore normal vision. However, lasers are not used to remove cataracts.

Glaucoma: This disease occurs when the fluid pressure inside the eye is too high and damages the optic nerve. The laser enlarges the drainage openings in the eye, allowing fluid to drain and lowering eye pressure.

Refractive disorders: Ophthalmologists are investigating the possibility of using new kinds of lasers to correct severe astigmatism or near-sightedness.

With most diseases, the sooner you get treatment, the better the outcome. The same is true for conditions which require laser surgery. It is important to have regular eye exams so your ophthalmologist can find any problems early, and start treatment when it can be most successful.

Information provided by the American Academy of Ophthalmology



A laser can be used to treat abnormal blood vessel growth in the retina caused by diabetes.

PULSE

Philippi Sparks (r), corner-back for the N.Y. Giants and Keith Elias (l) rookie running-back sign autographs for patients at Beth Israel Medical Center. The men are pictured with 13-year-old Jimmie Walker Jr. of Hillside (2nd from l) and 13-year-old Khiah Hopson of Roselle (in chair). The players brought cheers and gifts to the patients of the pediatric and young adults and visited with over 20 patients.

"Seeing the smile on the children's faces was a treat for Keith and myself. Even though we were at the medical center for a short time, we had a positive impact on the kids," Sparks said.



Dr. Elaine Asaya Aquil of Newark has joined the Community Advisory Board of United Hospitals Medical Center. Aquil is a doctor of chiropractic and co-owner of the Nubian Family Chiropractic Center in Newark. She is a graduate of Sherman College of Straight Chiropractic in Spartanburg, South Carolina and Seton Hall University where she received a B.S. in biology. Dr. Aquil works with the Newark Board of Education Workers Compensation Panel of Physicians and serves as a tutor for the Newark Literacy Campaign and a mentor with Project Ready in Newark.

Free eye-care offered to low-income workers and families

A program to provide free eye examinations to low-income, uninsured working Americans and their families gets underway this month throughout New Jersey. Sponsored by the New Jersey Optometric Association and the American Optometric Association, VISION USA is a national charity designed to help people who need eye care but have no means to obtain it.

"Low-income working families with no health insurance are at a great disadvantage for health care benefits," says Dr. Richard Favreau, chair of the VISION USA program in New Jersey. "Because of their employed status, they often fall between the cracks of government and private medical assistance programs."

To be eligible for care through VISION USA, one member of the family must be employed, the family must not be covered by government or private health insurance, eye exams must not have been received in the past two years, and household income can-

not exceed determined levels based on household size.

Workers who believe they may be eligible for benefits are encouraged to call 1-800-766-4466 toll free during the month of January only. Those who qualify for care will be notified by mail if a volunteer optometrist is available in their area. They will also receive instructions on how to schedule an appointment for an examination in March, to coincide with Save Your Vision Week which runs from March 5 - 11, 1995. The eye exam and glasses are free. The only expense incurred by the patient is the doctor's lab fee.

Since the start of VISION USA in 1991, nearly 147,000 people nationwide have received free or low cost eye care. In New Jersey, over 900 people have qualified to receive eye care services under the program.

For the fifth year, the national program is being supported in part by a grant from Vistakon, a division of Johnson & Johnson Vision Products, Inc.



(l-r) Bernard Rabinowitz, president of the Board of Trustees at United Hospitals Medical Center, Newark Mayor Sharpe James, John Dandridge, Jr. president of United Hospitals Medical Center and Kathy Forsythe, state director of health were all on hand at the recent ground breaking ceremony at United Hospitals. The three-phase expansion plans include a 550-car parking deck on the hospital grounds, a new outpatient care center at 50 South Clinton St. in East Orange, at the intersection of Garden State Parkway and Interstate 280, a new children's hospital devoted exclusively to children and will provide separate space designed specifically for children in a new 122-bed facility.

Blue Cross Blue Shield opens center

(Continued from page 3)

private practices with them," said Dr. Daniel Dragalin, vice president of managed care operations at BCBSNJ.

The Jersey City center will be open Monday and Thursday from 8 a.m. to 8 p.m.; Tuesday, Wednesday and Friday from 8 a.m. to 6 p.m.; and Saturday from 9 a.m. to 1 p.m. Urgent care will also be available 24 hours a day.

Marino said the centers will be the first in the state to have a fully automated medical records system, allowing patients to receive care at any of the locations. He added that BCBSNJ expects several hundred thousand patient visits to the centers in 1996.

The new sites join existing BCBSNJ centers in Trenton and Quakerbridge. They rep-

resent the first phase in the creation of the company's statewide health center network.

The centers will be managed by PHP Healthcare Corporation, Reston, Va., one of the nation's top managed care development companies. PHP, which has a 10-year contract with BCBSNJ, also designed and built the centers.

Blue Cross and Blue Shield of New Jersey is the state's largest health insurer, providing coverage to 1.86 million New Jerseyans. In 1993, BCBSNJ began implementing a strategy to become a total managed care company, creating hospital, dental, pharmacy and physician networks, and introducing HMO Blue as its premier managed care coverage.

Sickle cell support group

(Continued from page 4)

The Sickle Cell Treatment Center at United wants individuals to know that there are support groups available to assist them in living with sickle cell.

"The support groups were formed to provide and assist patients with their illness," said Susan Casey Prather, RN at United's Valerie Fund. "Individuals in the group can receive educational information and have an opportunity to meet others with sickle cell anemia to know that they are not alone in their struggle."

Sickle cell disease is an inherited disorder of the red blood cells. Red blood cells carry

oxygen to all parts of the body by using a protein called hemoglobin. Normal red blood cells contain only normal hemoglobin and are shaped like doughnuts. These cells are very flexible and move easily through small blood vessels.

But in sickle cell disease, the red blood cells contain sickle hemoglobin, which causes them to change to a curved shape (sickle shape) after oxygen is released. Sickle cells become stuck and form plugs in small blood vessels. This blockage of blood flow can damage the tissue. Because there are blood vessels in all parts of the body, damage can occur anywhere in the body.

Remember, treat your eyes good, you only get one set

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Before age 40, it is wise to have a baseline mammogram. After that, every 1-2 years based on your physician's recommendation until age 50. Over 50 a mammogram should be done yearly.

Age	Recommended
Age 40	Baseline
40-49	Every other year
Over 50	Every year

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